

THE SATANIC BOOK OF GOOD HERBS

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2 Cannabis Benefits.

THC From Cannabis Destroys Cancer Cells

<https://www.globalhealingcenter.com/natural-health/thc-from-cannabis-destroys-cancer-cells/>

by Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM

Published on , Last Updated on



The findings of a 2006 study carried out by medical researchers at Virginia Commonwealth University's Department of Pharmacology and Toxicology in Richmond are being noticed within the scientific community ^[1]. The study results strongly suggest that if taken regularly, cannabis oil may be able to induce remission in leukemia patients without the horrendous side effects typically associated with standard radio-chemical treatment options. Although this is only one such study, other similar studies have shown equally impressive results ^[2]. A few years ago, a team of experts convened in Germany to assess the total sum of information currently available regarding medical marijuana. According to their records, at least 37 separate controlled studies were carried out, internationally, between 2005-2009 ^[3]. Altogether, more than 2,500 documented test subjects have

participated in these various studies with few to no negative side effects reported. Not only are these findings unusual for drug studies for their overall lack of adverse patient reaction, but also the sheer number of individual participants involved. While 2,500 people may not sound like an especially large sample population, it's actually much larger than the number typically required by the U.S. Food and Drug Administration to determine whether or not most [synthetic pharmacological drug compounds](#) are safe for use in humans. Many of the [active ingredients found in cannabis](#)-derived drugs show exceptional promise in treating some of the greatest hurdles facing modern medical science. In addition to their aforementioned capacity for safely treating certain forms of deadly cancer, they also show great promise in alleviating autoimmune conditions such as rheumatoid arthritis, multiple sclerosis, and even inflammatory bowel disease. A growing number of experts also note their possible viability treating a range of neurological disorders including [Alzheimer's](#) and Lou Gehrig's disease. Perhaps most indicative of the diminishing stigma surrounding medical marijuana research in the United States was a 2009 decision by the American Medical Association to finally, for the first time in the organization's history, review marijuana's classification as a schedule I controlled substance – meaning it has no medical value whatsoever, and is addictively on par with heroin – in an effort to hopefully remove one of the greatest impediments to its widespread medical use.

What are your thoughts on the medical use of cannabis in conjunction with therapies for cancer and other diseases? Lets discuss in the comments below!

1. Jia W, Hegde VL, Singh NP, Sisco D, Grant S, Nagarkatti M, Nagarkatti PS. [Delta9-tetrahydrocannabinol-induced apoptosis in Jurkat leukemia T cells is regulated by translocation of Bad to mitochondria](#). Mol Cancer Res. 2006 Aug;4(8):549-62.
2. Tony Isaacs. [Two marijuana cancer studies you probably never heard about](#). 2011 February 13.
3. Arno Hazekamp, Franjo Grotenhermen. [Review on clinical studies with cannabis and cannabinoids 2005-2009](#). International Association for Cannabinoid Medicines. 2010 February 13.;5(special issue):121.
4. Alan Mozes. [Active ingrediant in marijuana kills brain cancer cells](#). Healthy Day. 2009 April 1.

†Results may vary. Information and statements made are for education purposes and are not intended to replace the advice of your doctor. Global Healing Center does not dispense medical advice, prescribe, or diagnose illness. The views and nutritional advice expressed by Global Healing Center are not intended to be a substitute for conventional medical service. If you have a severe medical condition or health concern, see your physician.

Juicing RAW Cannabis – Eating RAW Cannabis?

<https://www.globalhealingcenter.com/natural-health/juicing-raw-cannabis-eating-raw-cannabis/>

by Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM

Published on , Last Updated on



There's no shortage of controversy surrounding the use of medical marijuana. Despite the copious amount of scientifically-backed data gathered over decades, if not centuries ^[1], which show that cannabis has tremendous therapeutic potential, many lawmakers remain hesitant to approve its use. Regardless, a growing number of dedicated researchers continue to investigate new therapeutic applications for juicing or eating raw cannabis. For some people, it still remains difficult to distinguish between the plant's therapeutic and recreational uses. Inhaling the plant's vapors gets you high, even when that isn't the primary reason why its being consumed. It's not just anti-cannabis critics who have a problem with this issue. Many of the people who consume raw cannabis with a doctor's recommendation have no interest in getting high. For them, the plant is a safe and natural method of relieving constant pain and constant discomfort, and it's euphoric and thought befuddling qualities are seen as (unwanted) side effects. Research is now showing [benefits](#) from eating or juicing raw cannabis. One term that is regularly used in conjunction with cannabis is tetrahydrocannabinol (THC) — the ingredient in marijuana that produces the “high”. Cannabis does contain another beneficial chemical compound called Cannabidiol (CBD) which has been proven medically to help relieve irritation, convulsions, nausea, as well as inhibit cancer cell growth. Raw cannabis contains THCA and CBDA, ineffective alkaloids. They must be heated to produce THC and CBD, which in turn produces the “high.” This is the reason for smoking or vaporizing. By eating or juicing raw cannabis in its natural state, there is no “high” to speak of. Drinking fresh-squeezed cannabis juice (similar to wheat grass juice) or eating raw cannabis as a leafy green vegetable is fast becoming a preferred means of consumption for individuals in search health benefits without losing their heads in the clouds.

I personally have not tried this but please let me know your thoughts on this as it is a very interesting topic gaining popularity for a wide variety of health giving properties.

6/19/12 Follow up from Dr. G:

I would like to share with everyone an interesting and informative message I received from Jeffrey C. Raber, Ph.D. (thewercshop.com). Please read below:

When you consume “raw” cannabis, that is cannabis which has not been heated, you are consuming the cannabinoid acids. THCA and/or CBDA. If you have a strain that is

dominant in CBD, then the raw form is delivering CBDA. If you have a high THC strain, then this raw form will deliver THCA. Look up tetrahydrocannabinolic acid, or cannabidiolic acid. Those are the A forms of the molecules you are consuming. Almost all varieties today contain large amounts of THCA which when heated provides THC. By volume (it is reported by weight actually), there is next to no CBDA or CBD in virtually all of the strains currently available. NOT ALL STRAINS ARE THE SAME! EVEN THE SAME NAMES ARE MOST OFTEN NOT THE SAME (mis-named, different grower = different method = different end product)! Over-generalization of this marvelous plant is what is diminishing its stock and ruining the value it has to offer. We've done thousands of strain tests and have in-house expertise directly from The Netherlands, we are the most informed laboratory of professional scientists in the US, you can rest assured my comments are correct.

Only about 2% of the strain products available today have CBD above 1 wt% in them. It is RARE! And most likely almost none of it exists in non-medical states today.

Juicing is working because it provides the cannabinoid acids, which are potent compounds that help regulate the endocannabinoid system in ways not fully understood just yet. When you juice properly, you consume almost no THC or CBD, it is all THCA and CBDA! That is why you don't receive any psychoactive effects. Juicing improperly may lead to heating the solution and causing THC to form. The only way to know exactly what you have, strain or juice wise, is to have it tested by a reliable and accurate lab (and not all of the "labs" today operate in that faction either unfortunately). Only through accurate information dissemination, more thorough understanding and improved patient care will we be able to fully free this marvelous plant! We all have to do our part! Dr. Courtney, who we maintain an excellent relationship with, is a true pioneer in the fashion and we should all aim to support him and his efforts in every way we can. Let's be sure to get the right information out there to everyone!

1. Duncan Campbell. [Jesus 'healed using cannabis'](#). The Guardian. 2003 January 6.

†Results may vary. Information and statements made are for education purposes and are not intended to replace the advice of your doctor. Global Healing Center does not dispense medical advice, prescribe, or diagnose illness. The views and nutritional advice expressed by Global Healing Center are not intended to be a substitute for conventional medical service. If you have a severe medical condition or health concern, see your physician.

6 Yohimbe Benefits.

Treats erectile dysfunction: In some countries, the extract is used as a prescription drug to treat erectile dysfunction. A 2002 study in Germany found that pro-erectile effects of the bark extract may predominantly be caused by the **yohimbe**. But it's unclear if the **yohimbe** is enough on its own to help.

7 Kratom Benefits.

Pain Reliever

One of the most obvious and widely known effects of kratom leaves is pain relief. Since the leaves were first introduced to their indigenous cultures, this has been a primary use, as the analgesic properties of the alkaloids and nutrients of the leaves can [quickly relieve pain](#) throughout the body by impacting the hormonal system. By increasing the amount of serotonin and dopamine that is released into the body, pain can be alleviated (or masked) by chewing on kratom leaves. Essentially, the alkaloids dull the pain receptors throughout the body. This morphine or opium-like quality of kratom leaves is widely regarded as its most important application.

Immune System Booster

Independent studies on the various alkaloids found in kratom leaves have shown that the combinative effects can have major effects on the strength and [resilience](#) of the immune system. While this research is still being qualified and checked, traditional and anecdotal beliefs about kratom leaves show that it can reduce the severity of illnesses or prevent illness altogether.

Energy Booster

The metabolic effects that kratom has are one of the other reasons that the leaves are so popular, particularly with laborers in various countries. It can [increase your energy levels](#) by optimizing certain metabolic processes and impacting hormone levels. This is a result of increased circulation, despite its soothing nature, and a general increase in oxygenated blood to areas of the body that needs it, combining with increased metabolic activities to provide a burst of energy. For sufferers of [Chronic Fatigue Syndrome](#), kratom leaves are often an alternative, natural solution.

Sexual Stimulant

Kratom is seen by many traditional practitioners and users as an aphrodisiac and a fertility booster, as the extra energy and blood flow [can](#) help increase fertility, re-energize a tired libido, and improve duration/conception rates.

Reduced Anxiety

As you can probably imagine, any substance that is able to relieve pain and cause opium-like effects on the body will also likely have an impact on the mental stability and tone of an individual. Kratom leaves are widely [used as](#) anxiolytic substances for people who suffer from chronic stress, [depression](#), anxiety, and mood swings. By regulating the hormones in our body, people can finally get relief from these exhausting symptoms of chemical imbalance without having to rely on pharmaceuticals and all of the implicit side effects of those drugs.

Addiction Recovery

Due to the inherently healthy nature of kratom leaves, in combination with their range of effects, they have been used as a method of [curing addiction](#) for hundreds of years. In many cultures, opium addiction is a major issue, but regularly chewing on kratom leaves provides a similar sensation without the comedowns and negative side effects. Therefore, when people are attempting to “get clean” and stay that way, they often turn to kratom leaves as a tolerable solution, thereby making these leaves very valuable in many parts of the world. This also helps to cover withdrawal symptoms during the transition away from that more intense drug.

Also see

- [Coca Tea- Benefits, How To Make, & Side Effects](#)
- [6 Impressive Eucalyptus Benefits](#)

Heart Health

Studies have connected the use of kratom leaves to a [distinct drop](#) in blood pressure. As the leaves and their chemical components impact the body’s hormones, they also reduce inflammation throughout the body, including the blood vessels and arteries. By relieving that tension in the cardiovascular system, kratom leaves are able to help prevent more serious [heart](#) conditions, such as [atherosclerosis](#), heart attacks, and strokes.

Diabetes Treatment

One of the lesser known benefits of kratom leaves is their [effect on](#) blood [sugar](#) levels. Limited research has shown that the alkaloids found in the leaves are able to help regulate the amount of insulin and glucose in the blood, effectively preventing the dangerous peaks and troughs that [diabetics](#) face. This can not only help [diabetics](#) manage their disorder, but also prevent it from developing in the first place.

Word of Caution: Although there is no known danger, provided that the recommended amount is taken, some people do experience certain side effects, such as fatigue, nausea, and [constipation](#). This is usually the initial encounter response and gradually, your body does acclimate to the sensation. Others claim a “kratom hangover”, which includes [headaches](#) or nausea in the morning after use. This is something you can determine for yourself, based on your particular sensitivities.

<https://www.organicfacts.net/health-benefits/other/kratom-leaves.html>

9 Green Tea Benefits.

Top 7 Benefits of Green Tea: The No. 1 Anti-Aging Beverage

<https://draxe.com/benefits-of-green-tea/>

You've probably heard a lot about the health benefits of drinking tea, especially the benefits of green tea, considered by many to be the ultimate "anti-aging beverage." In Okinawa, Japan — one of the world's "[Blue Zones](#)" that's associated with longevity — drinking green tea daily is considered "essential." (1) A popular practice is sipping on a combination of steeped green tea leaves, jasmine flowers and a bit of turmeric throughout the day.

According to a report published in the *Journal of the American College of Nutrition*, "Tea is the most consumed drink in the world after water." (2) What is green tea good for? According to dozens of studies, regularly drinking green tea may reduce your risk of developing heart disease or Alzheimer's, help you maintain better bone mineral density, ward off eye diseases that affect vision in older age, prevent strokes, and even [extend your life](#).

What Is Green Tea?

What are different green teas made of exactly, and are they totally natural? Green, black and [oolong teas](#) come from the *Camellia sinensis* plant. Green tea consists of leaves that haven't been fermented so they contain the highest level of [antioxidants](#). For example, flavonoid antioxidants account for about 30 percent of the dry weight of green tea leaves. (3)

Some of the antioxidants and healing compounds found in green tea include polyphenols, catechins and various other types of flavonoids — the same anti-aging compounds found in things like [red wine](#), blueberries and dark chocolate. Despite that it does contain small amounts of caffeine, green tea consumption has been associated with more health benefits than even many of the healthiest foods available to us. Studies have found that the benefits of green tea are due to the fact green tea contains more healing compounds than many other herbs, spices, fruits and vegetables, truly making it a powerful "superfood."

7 Benefits of Green Tea

What does green tea do once you drink it that promotes better health and longevity? The Mayo

Clinic summarized some of the findings about green tea in 2008. A combination of epidemiological and population studies seem to suggest that drinking tea may: (4)

- Reduce atherosclerosis and risk of heart disease
- [Lower blood pressure](#)
- Reduce cholesterol levels
- Reduce inflammation in arthritis cases
- Improve bone density
- Improve memory
- [Prevent cancer](#)

Among many other benefits of green tea, below is more about some of the major perks associated with drinking green tea:

1. Helps Protect Heart Health

A great deal of evidence from randomized controlled trials suggests that consumption of flavan-3-ols and anthocyanidin antioxidants, the types found in green tea, is beneficial for metabolic and cardiovascular health. (5) When it comes to preventing many of the risk factors for [heart disease](#), such as having high blood pressure or cholesterol levels, some evidence shows that green tea contains 10 beta-blocking compounds, seven calcium channel blockers and 16 diuretic compounds. It also has more ACE-inhibiting properties than many other plant foods that are commonly consumed, which helps increase the amount of blood your heart pumps and lowers blood pressure.

According to a study published in the journal *Chinese Medicine*, many of the beneficial biological effects of flavonoids on heart health seem to be due to cell-signaling effects that lower inflammation. (6) Not only do flavonoids have anti-inflammatory capabilities, but they're also antithrombogenic, antidiabetic, anticancer and neuroprotective compounds.

2. May Help Prevent Alzheimer's or Memory Loss

In 2004, scientists at the University of Newcastle studied the effects of black and green [tea on Alzheimer's disease](#). In laboratory studies, both teas prevented the breakdown of acetylcholine, the neurotransmitter strongly linked with memory. The teas also inhibited enzymes known as BuChE and beta-secretase. These enzymes are found in protein deposits found in the brain of Alzheimer's patients. (7)

Japanese researchers published a study on green tea and its effect on the beta-amyloid protein plaques found in Alzheimer's disease in the April 2008 issue of the *Journal of Nutritional Biochemistry*. The protein plaques associated with Alzheimer's disease increase brain cell damage and death due to oxidative stress. The researchers found that green tea catechins reduced the level of damaging free radicals in the brains of rats. The green tea rodents showed much less plaque-induced deficits in memory compared to rodents that didn't receive green tea and those that were infused with beta-amyloid proteins. (8)

Scientists have also discovered that the antioxidants flavonoids may also protect the brain from oxidative stress. The scientists extrapolated that a human would need to drink about three liters of liquid infused with 0.5 percent of the catechins to get similar effects. However, because humans

ingest other antioxidants in the form of vitamins and plant polyphenols, it's likely that a much lower quantity could be effective in protecting memory.

3. Helps Protect Brain Cells From [Free Radical Damage](#)

In 2007, Salk Institute researchers found that the flavonoid epicatechin, found in blueberries, cocoa, grapes and tea, improved memory ability in mice. The researchers found that epicatechin seemed to promote blood vessel growth in the brain.

In 2009, King's College researchers found that epicatechin may protect brain cells through mechanisms unrelated to its antioxidant ability, as epicatechin is one of the few flavonoids that can cross the blood-brain barrier. The King's College researchers reported that somehow epicatechin protects brain cells from the negative effects of beta-amyloid plaques, although the exact mechanism of how this works is still not entirely known. ([9](#))

4. May Help Prevent Diabetes or Insulin Resistance

Certain studies indicate that intake of flavan-3-ols and/or anthocyanidins found in green tea may improve glycemic control and help [normalize blood sugar levels](#). Due to its anti-inflammatory properties, green tea is believed to be beneficial for those who are at-risk or diagnosed with type 2 diabetes. Green tea's catechins, especially EGCG, appear to have anti-obesity and antidiabetic effects.

Types of **GREEN TEA** & Green Tea Benefits



TYPES

Sencha

Gyokuro

Kabusecha

Matcha

Tencha

Genmaicha

Fukamushi Sencha

5. Promotes Bone Health

University of Hong Kong researchers published a study in the August, 2009 *Journal of Agricultural and Food Chemistry* concerning green tea and bone health. When the bone cells of rats were exposed to green tea catechins, EGC in particular stimulated an enzyme that promotes bone growth by 79 percent. The catechins also increased bone mineralization and weakened the activity of cells that reabsorb bone rather than form it. ([10](#))

6. Prevents Eye Disease and Protects Vision

One study that was published in the February 2010 issue of the *Journal of Agricultural and Food Chemistry* investigated the effects of catechins on eye diseases and found that consuming more catechins may [help protect the eyes](#) from oxidative damage and vision loss. Scientists involved in the study found evidence that catechins can pass from the digestive tract of rodents to the tissues of their eyes and reduce oxidative stress for up to 20 hours after ingestion. ([11](#))

7. May Reduce Your Appetite

Does green tea really burn fat, and will drinking green tea help you lose more weight? According to some research findings, consuming antioxidants found in green tea, especially catechins and the compound called EGCG, may promote metabolic health and modestly [prevent weight gain](#). When 11 studies and articles were included in one 2009 meta-analysis that was published in the *International Journal of Obesity*, researchers found that “catechins or an epigallocatechin gallate (EGCG)-caffeine mixture have a small positive effect on weight loss and weight maintenance.” ([12](#))

Overall, EGCG’s effects remain somewhat controversial; some studies have found only modest effects on metabolism, while others have found that consuming more EGCG alone without other lifestyle changes does not do anything significant to improve body weight. ([13](#))

Types of Green Tea

There are a wide variety of green teas available around the world. The type called sencha is the most popular and usually the easiest to find. Other lesser known varieties of green tea include: ([14](#))

- Fukamushi Sencha (or Fukamushi Ryokucha)
- Gyokuro
- Kabusecha
- Matcha
- Tencha
- Genmaicha
- Hojicha

What is matcha green tea?

[Matcha green tea](#) is a high-grade, finely ground, concentrated green tea. It’s been traditionally used in Japanese tea ceremonies for hundreds of years and has recently gained notoriety for its high

antioxidant content. When you drink matcha tea, you drink the actual tea leaves, which have been ground up. This allows you to obtain even more nutrients compared to drinking steeped green tea.

Tea plants that are specifically grown and used to make matcha are also typically shaded for two weeks to increase [chlorophyll](#) levels before the leaves are picked, further boosting concentration of healthy compounds. Matcha green tea tends to be more expensive than buying tea leaves for steeping, but a little goes a long way. Matcha is usually available in powder form and is a good choice for adding green tea's taste and the benefits of green tea to recipes like smoothies, baked goods or ice cream.

Green Tea vs. Black Tea

- Both green and [black tea](#) share many of the same benefits, considering they come from the same plants. The processing of different teas results in the different colors, flavors and health benefits of green tea and black tea. Green tea leaves are dried for a shorter time than black tea leaves before processing, so they keep their greener color.
 - Compared to green tea, black tea is more processed. Green tea gets dried and undergoes a pan-frying or steam-heating process depending on the variety. Black tea is made using leaves that have oxidized, which means they were purposely permitted to wilt and brown after picking.
 - Green tea has slightly more antioxidants compared to black tea, although both are still great sources. The ORAC value (antioxidant content) of brewed black tea is 1,128 while green tea is slightly higher at 1,253. Black tea and green tea both contain antioxidants, including polyphenols. Some research shows that green tea contains more than four times the catechins that black tea does. Both types can contribute antioxidants to your diet and have been shown to have antiviral, anti-inflammatory, detoxifying and immune-stimulating effects.
 - In terms of their caffeine content, green tea is usually lower in caffeine than black tea. Both have less caffeine than [coffee](#) or energy drinks, making them suitable for people who can't tolerate drinking much caffeine.
-

Green Tea Nutrition Facts

Flavan-3-ols, the type of flavonoids found in green tea and other teas, provide many of the anti-aging effects of green tea. Catechins in various types of teas are the polyphenols that seem to have the most potent antioxidant effects, according to Natural Standard, the leading and most respected reviewer of herbal compounds. Specific flavan-3-ols found in green tea include monomers (catechins) called:

- epicatechin
- epigallocatechin
- gallocatechin
- and gallate derivatives.

A well-known compound found in green tea is called EGCG (which stands for epigallocatechin-3-

gallate). EGCG is associated with enhanced metabolic activities that may prevent weight gain or assist with weight maintenance. Some of the ways that EGCG seems to work is by boosting [thermogenesis](#) (the body producing heat by using energy) and suppressing appetite, although not every study has found evidence that these effects are substantial.

Green tea also contains many other protective compounds, including:

- [linoleic acid](#)
- [quercetin](#)
- aginenin
- methylxanthines, including caffeine, theobromine and theophylline
- many different amino acids and enzymes (proteins make up about 15 percent to 20 percent of the leaves' dry weight)
- Carbohydrate molecules, such as cellulose, pectins, glucose, fructose and sucrose
- Small amounts of minerals and trace elements like calcium, magnesium, chromium, manganese, iron, copper and zinc
- Small amounts of chlorophyll and [carotenoids](#)
- Volatile compounds like aldehydes, alcohols, esters, lactones and hydrocarbons

Some of the benefits of green tea associated with the consumption of these compounds include reduced allergies, eye health and better vision, skin health, improved immune function, enhanced endurance, and protection from free radical damage and cancer.

How to Use and Steep Green Tea

Most experts recommend drinking about three to four cups per day for the most anti-aging benefits of green tea, but even drinking one to two cups is a step in the right direction.

The standard way to brew green tea is to: ([15](#))

1. Place your tea bag or high-quality tea leaves (purchase organic from a reputable company for the best tea) in your teapot.
2. Heat or boil water, but don't let it completely boil and become too hot, as this can destroy some of the delicate compounds found in green tea leaves. The "ideal" temperature for brewing green tea is between 160 degrees Fahrenheit to 180 degrees F (traditionally standard Chinese green teas brew at a slightly higher temperatures). Pour hot water into the teapot to steep the leaves for only about 1–3 minutes. Larger leaves need more time to steep than finer, smaller leaves. At this point you can also add any fresh herbs you plan on steeping.
3. Once brewed, pour a little tea at a time into each cup in order to have the tea's strength be evenly distributed. At this point, you can add some lemon juice or raw honey as the finishing touch.

Because it's used somewhat differently than regular green tea, directions for making matcha green tea are found below (note that directions can vary, so it's best to read the label of the product you purchase):

1. Fill kettle with fresh, filtered water and heat to just short of boiling.
2. Fill matcha bowl or cup with hot water and pour out (to warm the bowl/cup).
3. Add 1 teaspoon of matcha powder to bowl or cup and 2 ounces of nearly boiled water.
4. Whisk for a minute or two until it looks thick and frothy with tiny bubble, then add 3–4 more ounces of water before drinking.

How To Brew **GREEN TEA**



Place your tea bag or high-quality tea leaves in your teapot



Heat or boil water, but don't let it completely boil and become too hot



Pour hot water into the teapot to steep the leaves for only about 1–3 minutes



At this point you can also add any fresh herbs you plan on steeping



Once brewed, pour a little tea at a time into each cup in order to have the tea's strength be evenly distributed



Add some lemon juice or raw honey as the finishing touch

How To Brew



Green Tea Recipes

A common practice around the world, such as in the Blue Zones, is to combine beneficial teas with fresh steeped herbs. Try steeping rosemary, ginger, wild sage, oregano, marjoram, mint or dandelion in tea for an extra antioxidant boost. You can also add fresh lemon juice or some orange to add a refreshing taste.

Below are more recipe ideas for using green tea in smoothies or other interesting ways to get the benefits of green tea:

- Make a mango green tea smoothie or one of [34 other green smoothie recipes](#)
 - Add matcha green tea powder to [homemade berry muffins](#) or pancakes
 - Make homemade green tea coconut ice cream using chilled green tea and this [ice cream recipe](#)
-

Green Tea History and Interesting Facts

Green tea has been consumed in Asia, particularly in China, for thousands of years. Records show that green tea was a common beverage and cooking ingredient 3,000 years ago in parts of Southwest China, before spreading over the following centuries to India and then Japan.

From the 3rd century through the 6th century, green tea was mostly considered a “luxury item” before new techniques for drying and distributing green tea led to more mass production and availability among the public. According to the Teavivre, a tea company, during the time of the Song Dynasty in China (AD 960–1279), “tea drinking had become an integral part of the daily life of all Chinese, in a similar way to how afternoon tea became ingrained in the English culture. The use and production of so-called ‘tribute teas’ — those produced to be presented to the emperor and other high officials — became an important part of royal culture and a source of government taxation.” ([16](#))

Today, an estimated 2.5 million tons of tea leaves are produced each year throughout the world, with 20 percent of that being green tea. Green tea didn’t become popular or widely distributed outside of Asia until about the early 1900s. China, other countries in Asia, countries in North Africa, the United States and Europe currently consume the most green tea worldwide.

Potential Green Tea Side Effects and Precautions

It’s important to point out that while it might be very beneficial, drinking green tea alone likely won’t improve your life span or protect you from disease. Research suggests that a combination of lifestyle components account for the health benefits observed in people that drink tea. The problem with many studies that investigate the effects of green tea is that they are population studies rather than controlled clinical studies, according to the Mayo Clinic. In many of these studies, other lifestyle factors and habits besides drinking green tea are not well-controlled, so it’s difficult to

draw conclusions. Overall, studies have found a great number of health benefits of green tea, especially as it relates to anti-aging, but the bottom line is that the quality of your overall diet is really what's most important.

There are also several harmful effects of green tea over-consumption that are possible. These include consuming tainted supplements marked as green tea extract, high caffeine consumption, consuming aluminum, and the effects of tea polyphenols on iron bioavailability. Green tea extracts should not be taken by patients suffering from renal failure, liver disease, heart conditions or major cardiovascular problems without supervision from a doctor. People sensitive to caffeine should be careful of their intake. Pregnant and breast-feeding women should drink no more than one or two cups per day, as some research shows that more caffeine than this amount may interfere with normal heart rhythms.

Final Thoughts on the Benefits of Green Tea

- Green tea comes from the *Camellia sinensis* plant and consists of leaves that haven't been fermented, allowing them to retain high levels of antioxidants.
- Antioxidants and other beneficial compounds found in green tea include flavonoids and catechins like EGCG, quercetin, linoleic acid, theobromine and theophylline. These provide many of the benefits of green tea.
- Some of the anti-aging effects and benefits of green tea include reduced inflammation, protection against heart disease, liver disease, diabetes and Alzheimer's, and potentially help with weight maintenance and preventing cancer.

Read Next: [The Cancer-Protective, Heart-Healthy Benefits of Rooibos Tea](#)

From the sound of it, you might think leaky gut only affects the digestive system, but in reality it can affect more. Because Leaky Gut is so common, and such an enigma, I'm offering a free webinar on all things leaky gut.

20 Urine Benefits.

Urine Therapy is Nature's own Perfect Medicine

<http://www.shirleys-wellness-cafe.com/UT/Urine>

"For almost the entire course of the 20th century, unknown to the public, doctors and medical researchers have been proving in both laboratory and clinical testing that our own urine is an enormous source of vital nutrients, vitamins, hormones, enzymes and critical antibodies that cannot be duplicated or derived from any other source. They use urine for healing cancer, heart disease, allergies, auto-immune diseases, diabetes, asthma, infertility, infections, wounds and on and on -- yet we're taught that urine is a toxic waste product. This discrepancy between the medical truth and the public information regarding urine is ludicrous and, as the news releases you've just read demonstrate, can mean the difference between life and death to you and to your loved ones."

Martha Christy -

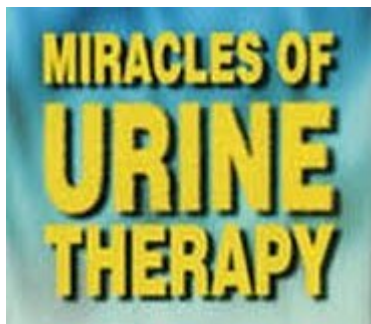
Also See: [Urine Therapy: Healing Testimonials of Humans and Animals](#)



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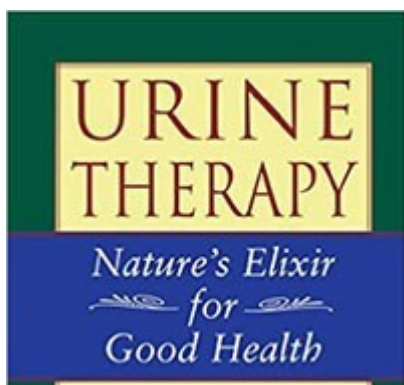
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Urine Therapy: it may save your life



If you are like most people, trained from their earliest years to regard urine as a mere waste product, the thought of using it for its healing powers may seem shocking. Yet urine has long played an important role in the holistic medical traditions of societies all over the world, and is even mentioned in the Ebers Medical Papyri of ancient Egypt.

For centuries people have been availing themselves of urine's incredible curative powers for ailments ranging from anemia to warts. Urine is free, sterile, and acts homeopathically to "prepare" the immune system. Urine Therapy includes many case histories of people who have successfully treated their ailments with urine, along with cogent explanations of why urine does what it does, how to ensure that the wastes flushed out with your urine aren't taken back in, and why urine may be the best tonic available for your immune system.



In addition to protocols for using urine to treat a wide array of diseases, the book offers a program that teaches you step-by-step to overcome any initial aversion to urine therapy. Still playing an important role in the medical systems of countries as diverse as Germany, Japan, and India, this surprising health treatment has been gaining popularity in the United States." Flora Peschek-Böhmer Ph.D

In India, urine therapy is called "shivambu": "Had our shivambu rishi (sage), great devotee, propagator and mighty supporter of shivambu movement, centenarian former Prime Minister of India, respected (late) Morarji Desai boldly and emphatically declared before the world that he drank his own urine regularly, and that was the secret of his longevity and exuberant health, the most valuable and beneficial information that is being given to you through this booklet, which can prove to be a boon to our poor country and which is capable of curing a host of diseases ranging from common cold to cancer and arthritis to AIDS, would have remained hidden in some unknown quarters and the entire mankind would have been deprived of shivambu. Really speaking, late Shri Morarjibhai by his frank and honest declaration has accorded world recognition, glory and greatness to this free yet priceless therapy otherwise considered to be nauseating. The whole world shall ever remain indebted to him for rendering this great humanitarian service. " **G.K.Thakkar**

Healing with Urine Therapy

Need help?



Urine is not a dirty and toxic substance rejected by the body. Urine is a by-product of blood filtration, not waste filtration. Medically it is referred to as "plasma ultra-filtrate". It is a purified derivative of the blood itself, made by the kidneys--whose principal function is not excretion but regulation of all the elements and their concentrations in the blood. Urine can be compared to leftovers from a meal, and this metaphor may help us understand why our bodies excrete elements that are valuable to our health and well-being.

Nutrient-filled blood passes through the liver where toxins are removed to be excreted as solid waste. Eventually, this purified "clean" blood undergoes a filtering process in the kidneys, where excess water, salts, vitamins, minerals, enzymes, antibodies, urea, uric acid and other elements not usable at that time by the body are collected in the form of a purified, sterile, watery solution that is urine. The function of the kidneys is to keep the various elements in the blood balanced. The important elements in the blood are not filtered out because they are toxic and harmful to the body, but simply because the body does not need a particular concentration of an element at that specific point in time. It is this very regulating process of the kidneys that allows us to eat and drink more than our bodies need at any one time.

Urine is considered to be an invaluable source of nourishment and healing that perhaps has been too controversial or not financially rewarding enough for it to be talked about and encouraged as a potent medicine. One's own urine, a living food, contains elements that are specific to one's body alone. The body is constantly producing a huge variety of antibodies, hormones, enzymes and other natural chemicals to regulate and control its functions and combat imbalances that one may not be aware of. -*Biomedx.com*

Clinical studies have proved that the thousands of critical body chemicals and nutrients that end up in urine reflect the individual body's functions. When re-utilized, these chemicals and nutrients act as natural vaccines, antibacterial, antiviral and anti-carcinogenic agents as well as hormone balancers and allergy relievers. The information that urine contains therefore cannot be duplicated or derived from any other source. Just as nature produces no two people who are exactly the same, there are no two urine samples in the world that contain exactly the same components.

Don't take this therapy lightly. Multiple sclerosis, colitis, lupus, [rheumatoid arthritis](#), cancer, hepatitis, hyperactivity, pancreatic insufficiency, psoriasis, eczema, diabetes, herpes, mononucleosis, adrenal failure, allergies and so many other ailments have been relieved through use of this therapy. After you overcome your initial gag response (I know I had one), you will realize

that something big is going on, and if you are searching for health, this is an area to investigate. There are numerous reports and double blind studies which go back to the turn of the century supporting the efficacy of using urine for health.

Urine therapy can be a very effective healing modality.

Sometimes when all else fails, urine therapy will turn a person around.

It's the most astounding proven natural cure that medical science has ever discovered - yet none of the incredible research findings on this incomparable natural medicine have ever been revealed to the public!

Now, for the first time ever, learn to use this simple method and read about the startling and amazing medical cures that prestigious researchers and doctors themselves have witnessed in clinical use of this inexpensive, incredibly effective, yet virtually unknown natural medicine:

This agent "...has furnished the most singular discoveries to chemistry, and the most useful application to physiology, as well as the art of healing."

19th Century French Chemist, Fourcroy

"This substance acts as an excellent and safe natural vaccine and has been shown to cure a wide variety of disorders including hepatitis, whooping cough, asthma, hay fever, hives, migraines and intestinal dysfunctions. The method is so simple it can be used without any difficulty."

Dr. J. Plesch, M.D., PhD.

"A patient with intractable ovarian cancer was treated with an extract of this substance; she is now completely well and enjoying the rest of her life."

Dr. Momoe Soeda, M.D.

Technical Research and Development, Tokyo

"In successfully treating allergies with this substance, other conditions were also coincidentally relieved such as multiple sclerosis, colitis, hypertension, lupus, rheumatoid arthritis, hepatitis, hyperactivity, diabetes, herpes zoster, mononucleosis and so on..."

Dr. N.P. Dunne, M.D., Allergy Specialist

[click here for the book: Your Own Perfect Medicine...](#)

Ms. Christy was

sick. Very sick. For a very long time. Pelvic inflammatory disease, ulcerative colitis, Chron's disease, chronic fatigue syndrome, Hashimoto's disease, mononucleosis. She had severe kidney infections, two miscarriages, chronic cystitis, [severe Candida](#) endometriosis, adrenal insufficiency, serious chronic ear and sinus infections, food and chemical allergies. And that wasn't the half of it.

She had every conceivable medical test, her share of surgery, and drugs - plenty of them. Then she tried all forms of alternative therapy. Homeopathy, herbs, mega-vitamins and live-cell treatments in Mexico. After traditional medicine failed to work, she and her husband spent over \$100,000 trying to get her well with alternative approaches. Nothing worked.

And then one day, her husband brought home a little book that told of how individuals had been cured of even the worst diseases with a seemingly strange and little-known natural therapy. Soon afterwards, she began the therapy herself.

From the first day she began, she received almost instantaneous relief from her incurable

constipation and fluid retention. Within a week, her severe abdominal and pelvic pain was gone. The chronic cystitis and yeast infections (internal and external) soon disappeared and her food allergies, exhaustion, and digestive problems all began to heal. After a few more months, her colds, flu, sore throats and on again off again viral symptoms disappeared. Her hair which had fallen out by the handfuls after her fifth surgery became thick and lustrous. Her weight normalized, and her energy and strength came back. After nearly 30 years of non-stop illness, Martha Christy was whole again

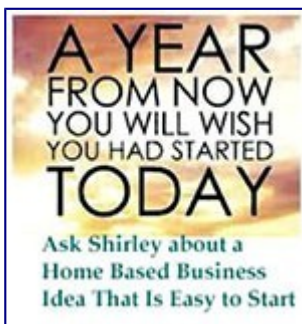
What was this therapy that she had discovered? What was this therapy that has helped seriously ill patients gain complete remissions from their afflictions? What was it that she actually did? Well, here it is. She orally and medicinally re-consumed her own urine.

Related: [Testimonials about the amazing healing power of UT:](#)

UROTHERAPY FOR PATIENTS WITH CANCER

Joseph Eldor, MD

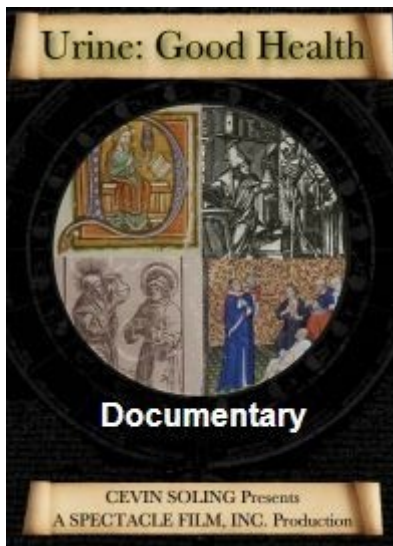
Cancer cells release various antigens, some of which appear in the urine. Oral auto-urotherapy is suggested as a new treatment modality for cancer patients. It will provide the intestinal lymphatic system the many tumor antigens against which antibodies may be produced. These antibodies may be dispersed through the blood stream and attack the tumor and its cells.



"Every one of us has a right to know that our bodies produce an invaluable source of nourishment and healing that we can utilize to heal ourselves and to maintain our lives and our health in both everyday circumstances and in emergencies and life-threatening situations."

"Urine therapy has been practiced for thousands of years and has merely fallen a bit into obscurity in the last century. However, urine therapy may seem to be unorthodox and perhaps revolutionary, it does not introduce anything new or original. It has been known throughout the centuries both in the West and in the East. Dr. Evagelos Danopoulos of Greece reported that urea found in urine has anti-cancerous properties.

The urea seems to [disrupt the ability of cancer cells to group together](#) and kills them by upsetting some of their normal metabolic activities. Urine therapy has been used to treat cancers

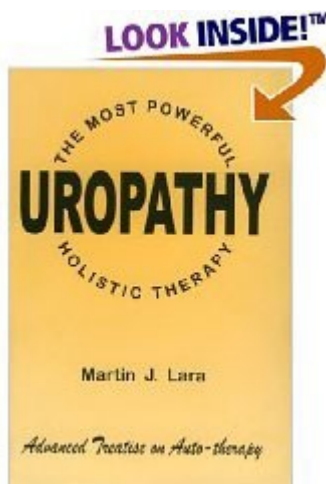


of the skin, cervix, lungs, eyes, breast, and liver. The first question that probably comes to mind is whether urine is not a toxic substance and how a toxic waste product could ever be of any benefit for your health. Well, urine is NOT a toxic waste product and this has been scientifically proven. 95% of urine is water, 2.5% consists of urea and the remaining 2.5% is a mixture of minerals, salt, hormones and enzymes. Toxic substances are being removed from the body through the liver and intestines, through the skin and through the out breath.

"No matter how hard it may be for you to stomach, the fact is that knowing the truth about this incredible natural substance will be one of the most crucial health facts you'll ever learn. And one of the most remarkable things about this incomparable natural urine therapy is that the medical community has already been aware of its astounding efficacy for decades, and yet none of us has ever been told about it. Why? Maybe they think it's too controversial. Or maybe, more accurately, there wasn't any monetary reward for telling people what scientists know about one of the most extraordinary natural healing elements in the world." *Martha Christy*

Urine Therapy An Amazing Untold Story

by *Martha Christy*



There is an extraordinary natural healing substance, produced by our own bodies, that modern medical science has proven to be one of the most powerful natural medicines known to man. The extensive medical research findings on this natural medicine have never been

compiled and released to the general public before now, but those who have been fortunate enough to hear about this medicine and use it have found that it can produce often astounding healing even when all other therapies have failed.

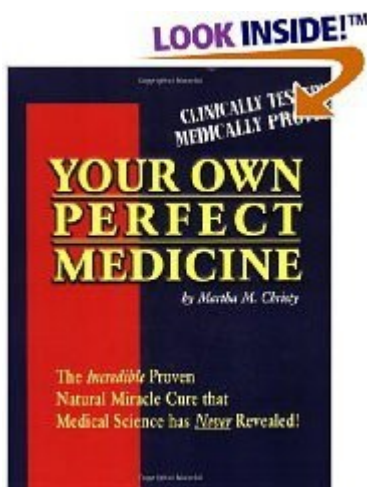
UROPATHY The Most Powerful Holistic Therapy

by Martin Lara

Uropathy is one approach to health that is 100% safe to use, it is extremely effective, has never harmed anyone and it is absolutely free of charge. It cannot be controlled and you truly benefit from using it. Thousands of urine therapy advocates certify that this is a healing modality that activates the lymphatic system which detoxifies the body and starts the true process of healing and regenerating the body. Once you become familiar with UROPATHY and start using your urine, you will be able to fight individual diseases, prevent and reverse the conditions that make you susceptible to all types of health problems including: childhood diseases, allergies, common cold, flu, hepatitis, arthritis, hypertension, all types of infections and fevers, cancer and the opportunistic infections associated with AIDS.

Learn to prepare a strong and powerful formula against most diseases. This simple formula has been used against all allergies, for all types of fevers especially for babies and infants. It is effective against the flu, common cold, [dry skin, eczema](#), psoriasis and all other skin problems.

Your Own Perfect Medicine by Martha Christy

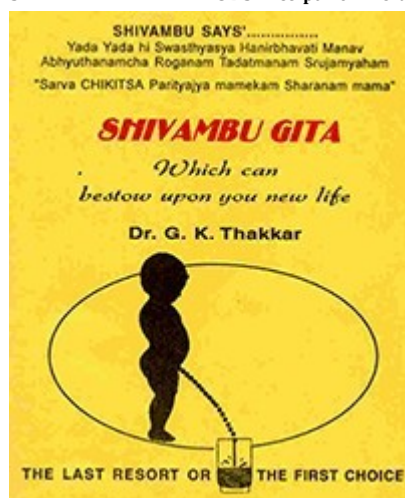


"In Your Own Perfect Medicine", Martha Christy examines research findings and [testimonials relating to urine therapy](#), and includes step-by-step instructions to using urine therapy at home. In its examination of this ancient therapy which has been around for over 5,000 years, Your Own Perfect Medicine makes use of information from urologists, neurologists, immunologists, pediatricians, dermatologists and university researchers to state its case for urine therapy. Ms. Christy also answers the important question, "why haven't the thousands of findings on urine therapy been publicized?" This book is a valuable tool for the growing numbers of consumers who are determined to take control of their own health.

It's the most astounding proven natural cure that medical science has ever discovered-and yet none of the incredible research findings on this incomparable natural medicine have ever been revealed to the public! Now, for the first time ever, learn to use this simple method and read about the startling and amazing medical cures that prestigious researchers and doctors themselves have witnessed in clinical use of this inexpensive, incredibly effective yet virtually unknown natural medicine. You

owe it to yourself to permanently change your health for the better with the most proven, simplest natural cure in existence-

SELF-THERAPY METHODS Excerpt from Nexus Magazine



The middle stream of fresh, warm, morning urine is the most potent, and drinking it mixed with freshly squeezed orange juice is probably the fastest way to accomplish this task, although it is best not to mix urine with other foods or drinks or to take it within an hour before or after eating.

Oral drops of fresh urine can be placed directly under the tongue. Urine therapists suggest their patients start with 5 drops of fresh morning urine on the first day, increase to 5 or 10 drops on the second day, and take 10 drops on the morning of the third day and the same amount that evening before going to bed. Once patients feel comfortable with this therapy, they can gradually increase the amount as they see fit to obtain the results required for their body's condition. Over time, they can learn to adjust the amount that is needed by observing their reactions to the therapy; their dosage may become as much as one full cup at a time!

Self-urine may be used as eye drops and ear drops, in foot baths and even as effective enemas. Nose drops can help loosen mucus and clear up blocked nasal passages. Gargling with it is helpful for a sore throat, and inhaling it relieves sinus and respiratory congestion. Taken internally, it has a laxative and diuretic effect, as it cleanses the digestive tract.

Dr John Armstrong (author of *The Water of Life*) emphasizes the need to massage with urine. He insists that cures work faster and more effectively in those who are bathed, massaged, rubbed and soaked in their own urine. He highly recommends it for more serious illnesses, since urine is [absorbed through the skin](#) and the hormonal and protein-based contents are slowly reabsorbed into the system, bypassing digestive juices that otherwise may have neutralized their potency. In this way, it also works as an excellent cosmetic for moisturizing and healing skin blemishes, burns and scar tissue. However, for this usage, it is preferable to use urine that is 4 - 8 days old. The smell of ammonia in the old urine is not toxic but actually beneficial if used topically only, and not taken internally.

Use your own urine in a homeopathic fashion.



First, collect midstream urine in a clean cup or container. This should be a clean catch, meaning the genital area (important for women in particular) has been cleaned beforehand. To 1/6 ounce of distilled water in a sterile bottle, add one drop of fresh urine. Cap and shake 50 times. Take one drop of this mix and add to another 1/6 ounce of distilled water and shake 50 times. Take one drop of this mix and add to 1/6 oz. of 80 to 90 proof vodka which acts as a preservative.

Place three drops under the tongue hourly until there is obvious improvement or temporary exacerbation of symptoms. As improvement progresses, lengthen the interval between treatments. After 3 days, suspend treatment to avoid pushing the immune system. Treatment is resumed if progress remains static or relapse occurs.

2) Begin with oral drops then increase dosage as needed.

Use fresh urine drops direct. For some cases, sub-lingual drops work well.

(Should always use fresh urine immediately upon collection. You should not boil or dilute the urine in any way. You must use it in its natural form)

Start by taking 1-5 drops of morning urine on the first day. On the second day, take 5-10 drops in the morning. On the third day, take 5-10 drops in the morning, and the same amount in the evening before you go to bed.

Once you feel accustomed to the therapy, gradually increase the amount as needed for obtaining results for your condition. As you use the therapy, you will learn to adjust the amount you need by observing your reactions to the therapy. It may be that you'll work up to actually drinking an ounce or two at a time.

Urine is a Divine Nectar, with Supernatural Qualities

by Bob Silverstein, N.U.T. (Naturopathic Urine Therapist)

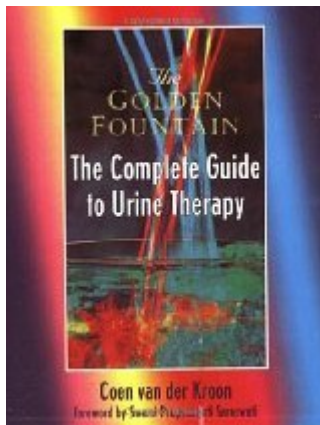
This strange behavior, called "urine therapy," or "auto-immune therapy," or "intrinsic medicine," or simply "UT," and also known in India as "amaroli" (the practice itself) and "Shivambu" (urine, the "water of Shiva"), has a well-documented, proven record of its power to heal an amazing variety of ills, with no negative or harmful effects. Urine is a divine nectar, with supernatural qualities. After all, as the Bible says, "the life (or life-force) of the flesh is in the blood," and as urine comes from the blood, it contains that "life-force."

Imbibe fresh and warm, it is a living food, and a nourishing drink, that is also cleansing, as well as medicinal. Urine is anti-bacterial, anti-fungal, and anti-viral. It is used in [cases of AIDS](#) (only AIDS anti-bodies in urine); cancer; fatigue; anemia; all sorts of urinary diseases, for weight-loss, colds

and flu, Candida, diabetes, digestive problems, jaundice, etc. It is medically-proven against polio, [rabies](#), and tuberculosis. The list of diseases for which it is effective is very long, and around 175 known diseases are said to respond to this kind of therapy. (See longer, partial list at end of this report). Urine therapy is truly a "panacea" (i.e., a "cure-all" or "universal remedy")

THE GOLDEN FOUNTAIN

by Coen van der Kroon



"Briefly, if urine is ingested and/or rubbed into the skin, it purifies blood and tissues, provides useful nutrients and sends the body a signal about what is in or out of balance. This last effect is called (oral) auto-immunization. This brings us at a last important feature of urine. Urine itself is, as said, not a toxic waste product. It does contain however minute particles connected with possible disease processes in the body. These minute particles are mainly antibodies, which upon re-ingesting can help the body to react on specific pathological situations. Urine therapy has proven helpful in a great number of various diseases, ranging from a simple cold and a throat ache, to tuberculosis and asthma, from minor skin problems such as itching, to more serious skin diseases such as eczema, psoriasis and even skin cancer."

The Golden Fountain, the most complete book to date on urine therapy, is the result of those investigations. It includes detailed case histories and a user-friendly guide to its application in the treatment of specific ailments, including cancer, tuberculosis, skin complaints, eye infections, wounds, burns and scars. Coen van der Kroon discovered that the use of urine as medicine in one form or another can be found in many medical traditions of people or tribes who are in close contact with nature. Native North Americans, gypsies and Eskimos are among those cited in his book.

Ayurveda and Yoga: Amaroli

An explanation of the practice of Amaroli, Shivambu, or Auto-Urine Therapy follows. This practice comes from Yoga and is the use of one's own urine as food, medicine, restorative, transforming agent and immune system booster. It is sometimes called 'Your Own Doctor'. Amaroli is very simple to do and increases the power of the immune system, strengthens the Aura and improves skin health. Spiritual aspirants will find that the mind is less inclined to behave like a monkey, spiritual energy is kept high, and progress towards samadhi is smoother. The effects are magnified if the practitioner has a Yoga practice and an Ayurvedic diet and lifestyle.

Three million Chinese drink their own urine

Beijing, June 1, 2000: More than three million Chinese drink their own urine in the belief it is

good for their health, the official Xinhua news agency reported on Friday. Participants at a recent seminar on the practice in the northeastern city of Shenyang were told that urine contains many active ingredients which strengthen the immune system, Xinhua said.

"Urine contains no bacterium and is more sanitary than blood," Yang Liansheng, a professor from the Liaoning Institute of Traditional Chinese Medicine, was quoted as saying. Engineer Zhu Jinfu told the seminar he had been drinking his own urine since he was 13 and had lived a healthy life for the last 58 years, Xinhua added. Many of his forefathers had also lived to a ripe old age thanks to urine therapy, he said. (Reuters)

Making Your Own Medicine

by Roy Oakes

How common is the use of urine? It is used in the manufacture of hormones, diuretics, and cancer fighting drugs. As urea, it is one of the primary ingredients in many face and skin creams---just read the labels---because it is one of the best moisturizers available. As a medicine, it can be used as an extract, injected, topically and in oral applications. Scientific research on urine therapy started at the turn of the last century and continued until shortly after World War II, when drug companies realized there was more money to be made in urine extracts than in promoting its self-healing properties.

Dr. Williams states that urine is probably the most specific customized medicine you will ever have available. He refers to the remarkable story of Martha Christy, who for years suffered a long list of chronic ailments untreatable by conventional medicine. She reluctantly agreed to try urine therapy and experienced almost immediate relief. She went on to document not only her story but those of many others in her book " Christy cites numerous medical and scientific studies that have been conducted on urine, as well as testimonials from numerous converts, and provides a good resource for understanding the benefits and supporting evidence for using urine therapy. Home Cure also offers a source book for physicians.

For me the most compelling argument for trying urine therapy was its [benefit in the treatment of HIV/AIDS](#).

Urine: The Fountain of Youth

The main theory is that it helps build immunity to disease, much like a vaccination. Martha Christy recommends starting off with just a few drops, applied topically to the skin. Urine is helpful for acne, eczema, psoriasis, ringworm, sores, fungal infections, insect bites, snake bites, wounds, burns, abrasions, and even gangrene. Urine is also a rich source of hormones, especially DHEA and melanin, and other sex hormones including testosterone, androgen, and estrogen.

Grandmother helped with about urine therapy

"Lately, when Grandma (92 years old) had a very badly bruised spot on her ankle, mom was at the end of her wits to get it to heal. The doctor's antibiotics didn't help, neither did colloidal silver, peroxide, grapefruit seed extract, or many of the herbs (echinacea, chaparral, etc.). Then when mom said it was looking like gangrene was setting in, I remembered the books saying that applying urine was about the single most effective treatment for gangrene. Grudgingly, I mentioned it... mom said

it couldn't hurt... and within three days I got a call telling me that since she soaked a cloth with grandma's urine and kept it applied (changing it a few times a day), it looks like the infection was gone and there was healthy pink skin forming at the edges already. This after about 5 or 6 weeks of downhill slide. Mom was thrilled, as was grandma, whose ankle no longer hurt."

SCIENCE AND UROPATHY

After innumerable [clinical and laboratory tests](#) carried out over several years in Japan, China, U.S.A. Switzerland, and many other European countries, it has been conclusively proved that over and above urea it contains enzymes (of different kinds), vitamins, antibodies, amino acids, [valuable salts and minerals](#), carbonates, bicarbonates, pigments, carbohydrates and hormones.

Urine Therapy: the medical community has already been aware of [urine's] astounding efficacy for decades, and yet none of us has ever been told about it. Why? Maybe they think it's too controversial. Or maybe, more accurately, there wasn't any monetary reward for telling people what scientists know about one of the most extraordinary natural healing elements in the world

Tom Brokaw, NBC Nightly News, October 16, 1992:

"In Egypt, rescue workers found a 37-year-old man alive in earthquake rubble. He survived almost 82 hours by drinking his own urine. His wife, daughter and mother would not and they died."

Urine Therapy and Allopathic Medication

There are differences of opinions:

"It is generally not recommended to combine urine therapy with the use of (prescribed) chemical, allopathic medicines or recreational drugs. The combination may be dangerous to your health. If you are taking any form of allopathic medicine, begin with the external application (urine massage) until you are free of all medication, if possible. If it is not possible or safe to stop the use of certain medicines, start with taking a few drops of urine internally or use a homeopathic tincture or gently rub fresh urine into the acupressure points of your ears. Keep looking and feeling very carefully how you and your body are reacting on the treatment. When suffering from a serious illness or, generally, when in doubt, consult a good natural doctor."

This from Martin Lara author of "Uropathy" "Although I don't recommend mixing medicines with urine therapy, there have been cases of individuals who were very ill at home or in a hospital-- some [dying of AIDS](#), cancer and other diseases -- who were receiving chemotherapy when they decided to start using their urine. These people had nothing to lose and they took a chance by drinking their urine while they were taking medications. In these cases, **something truly amazing happened:** urine seemed to be such a powerful stimulant to the immune system that medications were completely neutralized and expelled from the body in a matter of days.

These individuals reported miraculous improvement over a few days. The headaches, pains in the body, diarrhea, vomiting, lack of appetite and physical decay afflicting them usually improved in a few days. And simultaneously, these people developed a tremendous appetite. These people stated that they felt an immediate improvement when they started using their urine. In many cases they recovered so quickly that their doctors were completely baffled. In a few days they went home

where they could resume their sleeping habits and take control of their health and their lives. After going home, several individuals gained as much as 25 pounds within a month of practicing urotherapy, eating better food and taking good care of themselves. I really don't know how each person will react and I ask that you be very careful before making a decision with respect to medications."

Urine therapy is not just for humans

Monkey and chimp doing urine therapy

Urine Therapy for Animals

We are firm believers in [urine therapy as we have seen amazing results](#) in all areas...for example, our greyhound dogs each had different kind of wounds suffered from falling, barb wire at the dog park, etc. They have very thin skin and any tumble can give them an abrasion that is significant. I believe that we were given all different kinds of experiences with our animals and with people around us to prove the great healing of urotherapy.

"A breeder of cattle and horses succeeded in getting his animal's skin into an astonishing condition of fineness by giving them about a tablespoonful of old human urine with every meal." *John Henry Clarke M.D*

33 Sun Benefits.

9 Amazing Health Benefits of Sun Gazing

Increases Melatonin and Serotonin
Improves Quality of Sleep
Fatigue Fighter
Improves Dream Recall
Increases Pineal Size
Boosts Energy
Improves Eyesight
Helps Seasonal Affective Disorder (Sad)
Improves Endocrine Health



Increases Melatonin and Serotonin
Improves Quality of Sleep
Fatigue Fighter
Improves Dream Recall
Increases Pineal Size
Boosts Energy
Improves Eyesight
Helps Seasonal Affective Disorder (Sad)
Improves Endocrine Health

34 Lemongrass Benefits.

<https://www.starwest-botanicals.com/catalogsearch/result/?order=relevance&dir=desc&q=lemongrass>

According to Ofir, the study found that citral causes **cancer** cells to “commit suicide: using apoptosis, a mechanism called programmed cell death.” A drink with as little as one gram of **lemon grass** contains enough citral to prompt the **cancer** cells to commit suicide in the test tube.

<https://www.israel21c.org/fresh-lemon-grass-fields-in-israel-become-mecca-for-cancer-patients/>

Fresh lemon grass fields in Israel become mecca for cancer patients

A drink with as little as one gram of lemon grass contains enough citral to prompt cancer cells to commit suicide according to new Israeli research.

By [Allison Kaplan Sommer](#) April 2, 2006, 1:44 pm

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A drink with as little as one gram of lemon grass contains enough citral to prompt cancer cells to commit suicide in the test tube according to new Israeli research.

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At first, Benny Zabidov, an Israeli agriculturalist who grows greenhouses full of lush spices on a pastoral farm in Kfar Yedidya in the Sharon region, couldn't understand why so many cancer patients from around the country were showing up on his doorstep asking for fresh lemon grass.

It turned out that their doctors had sent them.

“They had been told to drink eight glasses of hot water with fresh lemon grass steeped in it on the days that they went for their radiation and chemotherapy treatments,” Zabidov told ISRAEL21c. “And this is the place you go to in Israel for fresh lemon grass.”

It all began when researchers at Ben Gurion University of the Negev discovered last year that the

lemon aroma in herbs like lemon grass kills cancer cells in vitro, while leaving healthy cells unharmed.

The research team was led by Dr. Rivka Ofir and Prof. Yakov Weinstein, incumbent of the Albert Katz Chair in Cell-Differentiation and Malignant Diseases, from the Department of Microbiology and Immunology at BGU.

Citral is the key component that gives the lemony aroma and taste in several herbal plants such as lemon grass (*Cymbopogon citratus*), melissa (*Melissa officinalis*) and verbena (*Verbena officinalis*.)

According to Ofir, the study found that citral causes cancer cells to “commit suicide: using apoptosis, a mechanism called programmed cell death.” A drink with as little as one gram of lemon grass contains enough citral to prompt the cancer cells to commit suicide in the test tube.

The BGU investigators checked the influence of the citral on cancerous cells by adding them to both cancerous cells and normal cells that were grown in a petri dish. The quantity added in the concentrate was equivalent to the amount contained in a cup of regular tea using one gram of lemon herbs in hot water. While the citral killed the cancerous cells, the normal cells remained unharmed.

The findings were published in the scientific journal *Planta Medica*, which highlights research on alternative and herbal remedies. Shortly afterwards, the discovery was featured in the popular Israeli press.

Why does it work? Nobody knows for certain, but the BGU scientists have a theory.

“In each cell in our body, there is a genetic program which causes programmed cell death. When something goes wrong, the cells divide with no control and become cancer cells. In normal cells, when the cell discovers that the control system is not operating correctly – for example, when it recognizes that a cell contains faulty genetic material following cell division – it triggers cell death,” explains Weinstein. “This research may explain the medical benefit of these herbs.”

The success of their research led them to the conclusion that herbs containing citral may be consumed as a preventative measure against certain cancerous cells.

As they learned of the BGU findings in the press, many physicians in Israel began to believe that while the research certainly needed to be explored further, in the meantime it would be advisable for their patients, who were looking for any possible tool to fight their condition, to try to harness the cancer-destroying properties of citral.

That’s why Zabidov’s farm – the only major grower of fresh lemon grass in Israel – has become a pilgrimage destination for these patients. Luckily, they found themselves in sympathetic hands. Zabidov greets visitors with a large kettle of aromatic lemon grass tea, a plate of cookies, and a supportive attitude.

“My father died of cancer, and my wife’s sister died young because of cancer,” said Zabidov. “So I understand what they are dealing with. And I may not know anything about medicine, but I’m a good listener. And so they tell me about their expensive painful treatments and what they’ve been through. I would never tell them to stop being treated, but it’s great that they are exploring alternatives and drinking the lemon grass tea as well.”

Zabidov knew from a young age that agriculture was his calling. At age 14, he enrolled in the Kfar

Hayarok Agricultural high school. After his army service, he joined an idealistic group which headed south, in the Arava desert region, to found a new moshav (agricultural settlement) called Tsofar.

“We were very successful; we raised fruits and vegetables, and,” he notes with a smile, “We raised some very nice children.”

On a trip to Europe in the mid-80s, he began to become interested in herbs. Israel, at the time, was nothing like the trend-conscious cuisine-oriented country it is today, and the only spices being grown commercially were basics like parsley, dill, and coriander.

Wandering in the Paris market, looking at the variety of herbs and spices, Zabidov realized that there was a great export potential in this niche. He brought samples back home with him, “which was technically illegal,” he says with a guilty smile, to see how they would grow in his desert greenhouses. Soon, he was growing basil, oregano, tarragon, chives, sage, marjoram and melissa, and mint just to name a few.

His business began to outgrow his desert facilities, and so he decided to move north, settling in the moshav of Kfar Yedidya, an hour and a half north of Tel Aviv. He is now selling “several hundred kilos” of lemon grass per week, and has signed with a distributor to package and put it in health food stores.

Zabidov has taken it upon himself to learn more about the properties of citral, and help his customers learn more, and has invited medical experts to his farm to give lectures about how the citral works and why.

He also felt a responsibility to know what to tell his customers about its use. “When I realized what was happening, I picked up the phone and called Dr. Weinstein at Ben-Gurion University, because these people were asking me exactly the best way to consume the citral. He said to put the loose grass in hot water, and drink about eight glasses each day.”

Zabidov is pleased by the findings, not simply because it means business for his farm, but because it might influence his own health.

Even before the news of its benefits were demonstrated, he and his family had been drinking lemon grass in hot water for years, “just because it tastes good.”

37 Kava Benefits. Also A Downer not an upper so don't mix with uppers. No Excess Downers either.

Health **Benefits** of **Kava**. **Kava** can help offset a number of problems, most notably stress, anxiety, and disrupted sleep patterns. However, **kava's** anxiolytic (anti-panic or anti-anxiety agent) and calming properties can offset many other stress and anxiety related ailments.

<http://blog.1hourbreak.com/health-benefits-of-kava>

Health Benefits of Kava



Kava can help offset a number of problems, most notably stress, anxiety, and disrupted sleep patterns. However, kava's anxiolytic (anti-panic or anti-anxiety agent) and calming properties can offset many other stress and anxiety related ailments. [Learn everything about Kava Kava.](#)



The Academic World and Health Organizations Attest to Kava's Safety

4 additional must read Kava articles:

- [5 Things You Need To Know About Kava](#)
- [How To Find Your Kava Dosage?](#)
- [How Does Kava Work?](#)
- [How To Prepare Kava \(Traditional and Modern Methods\)](#)

Kava has been used for thousands of years by the inhabitants of the South Pacific with no ill effects and has become one of the top selling herbal supplements worldwide. Only recently have a few concerns have been reported that Kava may have contributed to liver toxicity. To put this in perspective, hundreds of thousands of men and women use Kava regularly but there have been just 4 reported cases of liver problems where kava may have been the cause, but it is equally likely, that another product such as alcohol, or medicine could have caused the problem.

Dr. Hyla Cass MD stated that you are far likelier to suffer from liver damage by taking the prescription anti-anxiety drug, Valium, as you are kava, yet it is taken by millions daily with little question-and with no major adverse publicity. The over-the counter pain medication, [acetaminophen \(Tylenol\)](#), also has the highest incidence of liver toxicity, especially when combined with alcohol.

A closer examination from the academic world and health organizations reveals that kava is much safer than its prescription and over the counter alternatives.

[World Health Organization. 2007. Assessment of the risk of hepatotoxicity with kava products. Geneva, Switzerland: World Health Organization.](#)

The World Health Organization performed an extensive assessment published in 2007. Evidence of

our review of case reports suggests that kavalactones in any type of product may rarely cause hepatic adverse reactions.

American Herbal Products Association (AHPA). AHPA Report, published March 2011.

Kava Trade and Use Restrictions May be Based on Inadequate Information. Rolf Teschke, MD, one of the world's foremost experts on kava and its reported liver toxicity, says the few cases of toxicity related to ingestion of kava products were "most probably a consequence of poor-quality raw kava material employed in the manufacture of a few kava extracts.

Dr. Hyla Cass MD. Nationally recognized expert on holistic medicine. She appears regularly on TV including The Dr. Oz Show, The View, and E! Entertainment.

Closer examination of the details available on the 30 European cases reveals that the vast majority, 21 cases in all, involved the concomitant use of hepatotoxic drugs and/or alcohol. This is not significant evidence of hepatotoxicity.

The fact is, you are far likelier to suffer from liver damage by taking the prescription anti-anxiety drug, Valium, as you are kava, yet it is taken by millions daily with little question-and with no major adverse publicity. The over-the counter pain medication, [acetaminophen \(Tylenol\)](#), also has the highest incidence of liver toxicity, especially when combined with alcohol.

Dr. Andrew Thomas Weil, M.D. Founder, professor, and director of the Arizona Center for Integrative Medicine at the University of Arizona.

Kava Extract Appears Safe. Italian and German researchers reporting in the September, 2006 issue of the journal *Phytomed*, believe such fears are unfounded. They fed rats kava extract at about 10 times the human equivalent dose, and found no signs of organ toxicity, including liver toxicity, after three and six month intervals. They also noted no behavioral withdrawal symptoms from rats.

The American Botanical Council. The USA leading nonprofit organization dealing with research and educational issues regarding herbs and medicinal plants.

"Historically, the scientific literature does not show much basis for concern about potential liver toxicity," said Mark Blumenthal, founder and executive director of The American Botanical Council, a non-profit herbal research and education organization. He is also an associate professor at the College of Pharmacy at the University of Texas at Austin.

Jerry Cott, PhD., former Chief of the Psychopharmacology Research Program at the National Institute of Mental Health

"If the coincidence of liver toxicity for kava is correct, then according to German researchers it is very similar to that of conventional pharmaceutical anti-anxiety and antidepressant prescription drugs. These are generally considered to be acceptable (though small) risks," he said, referring to the risk-benefit comparison by which conventional medicines are evaluated.

German Government Commission E, a panel of herbal experts in the fields of medicine and pharmacy.

In 1990 the German government's Commission E, a panel of herbal experts in the fields of medicine and pharmacy, evaluated the scientific and medical literature and had approved the use of kava as

a nonprescription medicine for “nervous anxiety, stress, and restlessness.” The safe and effective benefits of kava to relieve symptoms of anxiety were supported last year in a meta-analysis, a systematic statistical review of seven human clinical trials published in the Journal of Clinical Psychopharmacology and again in a similar critical review this year. The reviews did not find adverse effects related to liver toxicity.

The ‘Awa Development Council (ADC) is a nonprofit 501(c)(3) public charitable organization. The ADC is devoted exclusively to educational, science, and religious activities of kava.

The ADC attests to the safety of kava and they engage in scientific research and also coordinate and provide referrals to researchers. For example, Will McClatchey, Ph.D, board member, is an associate professor of botany at the University of Hawai‘i at Mānoa. H.C. Bittenbender, Ph.D., board member, is the extension specialist for kava, cacao and coffee at the University of Hawai‘i. Both board members conduct scientific research on kava.

The ADC coordinates with professors and researchers to give talks and hold discussions with the public to educate them about the physiological benefits of kava, the safety of its use, its use in Hawaiian religion and culture, and current scientific understanding. The ADC hosts the [Kava Festival](#) – an important educational venue for the dissemination of knowledge and understanding of kava.

International Kava Executive Council

The IKEC is an international organization consisting of delegates from the Pacific and the EU, focusing on re-establishing the Kava trade between the Kava producing South Pacific Island States and the countries of the European Union. The American Herbal Products Association and the American Botanical Council are associated members of IKEC.

Kava is Safe to Use

The safe and effective benefits of kava to relieve symptoms of anxiety were also supported in a meta-analysis, a systematic statistical review of seven human clinical trials published in 2000 in the Journal of Clinical Psychopharmacology, and again in a similar critical review in 2001. The reviews did not find significant adverse effects related to liver toxicity.

In conclusion, the liver is affected by many substances, including prescription and non- prescription drugs, as well as alcohol, which is a major cause of liver damage. We must be aware that herbs are potent medicines, to be treated with the appropriate respect regarding potential interactions and toxicity, including to the liver. On the other hand, Kava kava’s margin of safety far surpasses that of its pharmaceutical equivalent.

Relieves Anxiety and Stress

Symptoms associated with anxiety such as nervousness, restlessness, and dizziness have been offset with the use of Kava. German researchers in 2003 compared kava (400 mg a day) with standard doses of two anti-anxiety medications in 129 people. After eight weeks, all three treatments were equally effective. Other German scientists compared kava (100 mg three times a day) with standard doses of two drugs in the Valium family of tranquilizers in 172 people. After six weeks, all three treatments were equally effective. Two research teams, one British, the other German, performed sophisticated statistical tests (meta-analyses) on studies of kava for anxiety. The English group

reviewed seven trials, the Germans six. In both analyses, kava proved an effective treatment for anxiety.

Weight Loss

Stress and anxiety is a powerful trigger for weight gain. Stress stimulates the production of a stress hormone called cortisol. This hormone initiates several metabolic reactions that can influence your weight. Cortisol will stimulate sugar release and fat burn for the purpose of providing your body with energy in a fight-or-flight kind of response. Cortisol tells your body to replenish that energy even though you haven't used very many calories in your stressed-out state. This can make you hungry... very hungry. And your body keeps on pumping out that cortisol as long as the stress continues.

Combat Premature Aging

Stress is a major factor in aging. The more stress, the faster one ages. Stress sets off physiological reactions in the body that affect the skin and causes the release of stress hormones like cortisol that reduces collagen production. Collagen is the protein that is responsible for skin smoothness and elasticity. Many skin creams and moisturizers attempt to restore the skin's collagen, but if your natural production is reduced, then no amount of skin cream can help or will only serve as a temporary solution.

Quit Smoking Aid

Kava can help surmount the challenges of drug and alcohol addiction. Due to its relaxant effect and anxiolytic abilities kava can help people cope with cigarette cravings and the associated anxiety.

Menopause Symptoms

One study shows that Kava Kava can improve symptoms of menopause, including hot flashes. Italian researchers gave one of three treatments to 68 women complaining of menopause-induced anxiety: a placebo, low-dose kava (100 mg a day) or high-dose kava (200 mg daily). Both kava treatments were significantly more effective than the placebo.

Insomnia

Consuming Kava Kava before retiring to bed has been shown to result in restful sleep. It primarily improves sleep quality and decreases the time needed to fall asleep.

A third group of German researchers gave 61 people with anxiety-related sleep problems either a placebo or kava (200 mg a day). Four weeks later, the kava group reported significantly more satisfying sleep.

Depression

Results of some studies suggest Kava Kava may be as effective as certain anti-depressants and anti-anxiety medications, without the harmful side effects.

Combat pain as an analgesic

Because of the relaxant effect it has on the muscles, Kava Kava can offset pain associated with a muscle spasm.

41 California Poppy Benefits.

It is also used to promote relaxation. In combination with other herbs, **California poppy** is used for depression, long-term mental and physical tiredness (neurasthenia), nerve pain, various psychiatric conditions, blood vessel problems, sensitivity to weather changes, and sedation.

42 Black Tea Benefits.

<https://www.organicfacts.net/health-benefits/beverage/health-benefits-of-black-tea.html>

5 Impressive Benefits of Black Tea

The health benefits of black [tea](#) include its beneficial impacts on high cholesterol, [diarrhea](#), tooth decay, low-[concentration](#) levels, digestive problems, poor blood circulation, high blood pressure, and [asthma](#). It is one of the most popular teas known to man and is well known for its medicinal qualities and benefits.

Tea is one of the most beloved [drinks](#) or beverages in the world and most people prefer to have [green tea](#). The scientific name of the plant is *Camellia sinensis*. The difference between black, green, and [white tea](#) is the way that it is processed.

During the processing stage, black tea is fermented and oxidized, which gives it the unique color, flavor, and health benefits that are so widely known. On the other hand, green tea and white tea are not fermented.

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Black Tea Nutrition Facts

Chinese people add sweetening agents, [spices](#), [chocolate](#), or even rare herbs while brewing black tea. In [India](#), [milk](#) and [sugar](#) are normally added to it. Some people also add various herbs including [ginger](#), cinnamon, [cardamom](#), [lemon](#) grass, mulethi or [holy basil](#) (tulsi).

Plain black tea is rich in antioxidants known as polyphenols and also has minimal [sodium](#), [proteins](#), and carbohydrates. According to [Boston](#)'s School of Medicine, it reverses the abnormal functioning of blood vessels, which may lead to strokes and other cardiovascular conditions.

Health Benefits of Black Tea

This amazing tea is known for its curative qualities and other health benefits. Some of them are as follows:

Prevents Cardiovascular Diseases

A regular consumption of black tea can help repair coronary artery dysfunctions in [heart](#) patients. Therefore, everyone who drinks it is at a decreased risk of contracting cardiovascular diseases.



Treats Diarrhea

This tea has a [healing](#) effect on intestinal disorders due to the presence of tannins. It is advisable for

all diarrhea patients to sip plain, black tea slowly for maximum benefits.

Relieves Asthma

Hot and brewed liquids, in general, bring relief to asthmatic conditions. In light of that fact, it is no surprise that black tea is extremely beneficial for asthmatic patients, as it expands the air passage, thereby allowing them to breathe more easily.

Also see

- [7 Amazing Black Walnut Benefits](#)
- [Iced Tea- How to Make, Benefits, & Side Effects](#)

Improves Digestion

Black tea is rich in abundant tannins and other chemicals that have a positive and relaxing effect on the digestive system of human body. This anti-inflammatory quality of black tea is also helpful for curing digestive disorders.

Reduces Cholesterol

According to a study conducted by the American Heart Association in [New Orleans](#), people who consume black tea can reduce their bad [cholesterol levels](#), which are responsible for heart strokes and fatal attacks. It has also been found that people who drink 3 to 4 cups of black tea every day are at a lower risk for heart problems than those who consume minimal amounts or no tea at all.

Prevents Breast Cancer

Drinking tea, either black or green variety, [aids](#) women in preventing cancerous growth in the breasts, especially women in the pre-menopausal phase. Tea assists in raising the level of globulin hormones during the menstrual cycle. The presence of theaflavins in black tea destroys abnormal cells in the body before they cause any major damage or change into cancerous cells.

Thus, you can see that drinking this type of tea is equally beneficial for health as drinking green tea. Almost 80% of humans consume black tea. It is readily available and you can choose from hundreds of flavors and mixtures on the market. If you go anywhere in the world, you are sure to be offered this tea as an option for a stimulating and refreshing beverage.

BENEFITS OF BLACK



Prevents breast cancer

Pr

Helps cure digestive disorders

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Reduces bad cholesterol levels

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www.organicfacts.net

Recent medical research suggests that the compounds found in black tea, namely theaflavins and thearubigins, are positively loaded with health benefits, in addition to giving the tea its dark color

and unique flavor.

So, go ahead, enjoy that freshly brewed hot cup of black tea and stay healthy all your life!

Word of Caution: Many people have the habit of drinking this tea 3-5 times a day. They get so addicted to it that if they skip it even once from their routine schedule, they may suffer from [headaches](#) the next day.

Also see

- [9 Impressive Benefits of Black Cohosh](#)
- [7 Wonderful Benefits of Black Gram](#)

Black tea is also known to cause [acidity](#) issues in the stomach. Therefore, do not get addicted to this tea. Furthermore, avoid drinking tea after lunch or dinner, as it may lead to poor [digestion](#), whereas at other points in the day, it can promote healthy digestion.

10 Wonderful Benefits of Oolong Tea

Health benefits of oolong [tea](#) include the reduction of chronic health conditions such as [heart](#) diseases, inflammatory disorders, and high [cholesterol levels](#) while providing vital antioxidants, promoting superior bone structure, robust [skin](#), and good dental health. Oolong tea is fragrant with a fruity flavor and a pleasant aroma. Despite its caffeine content, it is still a relaxing [drink](#).

The health benefits of oolong tea are doubled because of the combined qualities of [black tea](#) and [green tea](#). According to the [Tea Association](#) of the United States, this tea falls somewhere between green and black teas, as its leaves are partially oxidized. There are numerous kinds of tea in this world, but oolong tea is one of the most beneficial.

The origin of oolong tea [dates](#) back almost 400 years when it found wide usage in China. It is a semi-green fermented tea, but the fermentation process is halted as soon as the tea leaves start to change their color.

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Oolong Tea Nutrition Facts

This tea is a natural gift that is rich in antioxidants. It also contains vital [vitamins](#) and [minerals](#) such as [calcium](#), [manganese](#), [copper](#), carotin, [selenium](#), and [potassium](#), as well as [vitamin A](#), B, C, E, and vitamin K. Additionally, it contains [folic acid](#), niacinamide, and other detoxifying alkaloids. It is developed in semi-fermented processing, which provides the tea with numerous polyphenolic compounds and adds even more valuable health benefits. Oolong tea also contains caffeine, theophylline, and theobromine (which are similar to caffeine) that on consumption, may stimulate the nervous system.

Health Benefits of Oolong Tea

With so many health benefits and a relaxing effect it has for you, the inclusion of this tea in your diet is a great idea. Let's have a look at the incredible benefits of oolong tea.

Manages Weight

The polyphenolic compound [found](#) in oolong tea is very effective in controlling the [metabolism](#) of the fat in the body and [reducing](#) obesity. It activates certain enzymes, thereby enhancing the functions of fat cells in the body and a daily consumption of this tea can reduce obesity. In one study, mice that were given polyphenols in addition to a high-fat and high-[sugar](#) diet still showed a decline in overall body weight and fat index. Some earlier studies actually showed that the caffeine content was an active ingredient for weight [loss](#), but it now appears to be mainly due to the polyphenols. Apparently, the active components in oolong tea make fat work for you.



Removes Harmful Free Radicals

The polyphenolic compound in oolong tea is also responsible for the removal of free radicals in our body because it [functions](#) as an antioxidant and stimulates the behavior of these compounds in the

body. Therefore, consuming daily doses of oolong tea can help people against the potential harm that these free-moving cells often pose to the body, including [cancer](#), [atherosclerosis](#), stroke, rheumatoid [arthritis](#), neurodegeneration, and [diabetes](#).

Prevents Ovarian Cancer

Oolong tea is rich in anti-cancer properties. And drinking it helps to significantly lower risk of developing [ovarian cancer](#) in women.

Skin Care

According to scientific experiments, patients diagnosed with [eczema](#) can benefit from drinking 3 cups of oolong tea throughout the day. The beneficial results of this tea could be seen in less than a week in these patients who will show remarkable improvement in recovering from skin problems. [In a 2001 study](#), 54% of test subjects were found to show positive, long-lasting results in terms of skin conditions after 6 months of daily intake of oolong tea.

Also see

- [Iced Tea- How to Make, Benefits, & Side Effects](#)
- [10 Wonderful Benefits of Jasmine Tea](#)

Treats Atopic Dermatitis

Although the active mechanism has not been pinpointed exactly, many believe that the polyphenols present in oolong tea also work as anti-allergenic compounds, thereby relieving irritation and chronic skin problems, known as atopic [dermatitis](#).

Improves Bone Health

The antioxidants present in oolong tea protect teeth against decay, strengthen the bone structure, prevent [osteoporosis](#), and promote normal, healthy growth of the human body. A number of studies analyzed the long-term effects of drinking this tea, [particularly](#) on bone mineral density (BMD). It showed that people who consistently drank black or oolong tea for more than 10 years were less likely to lose their bone mineral density over that span of time. It is thought that some of the components in this tea actually stimulate the retention of minerals from other [food](#) that we consume.

Controls Diabetes

Oolong tea is used as an herbal brew for treating type-2 diabetic disorders and as an addition to other supplementary drugs for treating the disease. It regulates the amount of blood sugar and insulin in the bloodstream, so the dangerous dips and spikes in blood sugar that can be disastrous for diabetic patients are reduced. [A 2003 study showed](#) that when combined with regular hyperglycemic drugs, oolong tea further balanced the blood sugar levels and prevented the sudden drops in almost all of the test subjects.

Prevents Cancer

It is a well-known fact that tea drinkers have a lower risk of getting skin cancer. Moreover, the polyphenolic compound in oolong tea promotes apoptosis in case of cancerous cell growth in the

stomach. This polyphenolic extract also acts as a chemo-preventive instrument against the [development](#) of other cancers. The compounds stifle the activation of carcinogenic cells, prevent the formation of N-nitroso compounds and trap genotoxic agents before they can become effective.

Health Benefits of Oo



Prevents cancer



Controls diabetes



Relieves atopic
dermatitis



Relieves stress and improves
mental health

Stren



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Manages Stress

In a detailed study conducted at the Osaka Institute for Health Care Science in Japan, the

experimental mice in which oolong tea was ingested, showed a remarkable improvement in the [stress](#) levels by 10 to 18 %. The natural polyphenols in oolong tea were cited as the main cause of it being a stress-buster. Also, the L-theanine found in tea leaves is an amino acid that blocks L-glutamic acid to glutamate receptors in the brain. This would normally cause cortical neuron excitement, which leads to an increased cognitive activity and neural stress responses. Since this amino acid binds to those sites, excitation doesn't occur, and stress [decreases](#) because you are able to keep your mind at rest.

Improves Mental Health

Health benefits of oolong tea include improved mental performance and alertness. Regular intake of caffeine-rich oolong tea may help in improving mental performance and maintaining alertness throughout the day.

Word of Caution: Despite all of these important effects, it is important to remember that oolong tea tends to be high in caffeine, which is not the healthiest component of this beneficial beverage. Caffeine treats many people differently, but some of the side effects of excess caffeine are anxiousness, [headache](#), sleeplessness, [diarrhea](#), heartburn, irregular heartbeat, and confusion.

Also see

- [Sencha Tea- Benefits, How To Make, & Side Effects](#)
- [Gunpowder Green Tea- Benefits, How To Make, & Side Effects](#)

More serious conditions that can be exacerbated by too much caffeine intake are diabetes, heart conditions, [anxiety](#) disorder, irritable bowel syndrome, and high blood pressure. Also, drinking too much oolong tea can actually sweep out excess calcium that your body is processing. For patients with osteoporosis, this can speed up bone degradation, even though other elements of oolong tea are helpful for this condition. It is best to use it as a preventive method for bone problems, rather than a treatment.

In other words, drink several cups of oolong tea a day, because it might be the best kind of tea for improving your health and is also a delicious and relaxing treat. That being said, be aware that caffeine is a powerful chemical, and monitor your body's response to this change in your diet, just as you should with all new [foods](#) and nutritional sources.

56 Oregano Benefits.

<http://www.collective-evolution.com/2015/04/14/how-i-healed-my-failing-liver-naturally/>

How I Healed My Failing Liver Naturally

This past February, I was thrown off of my health high-horse. What first started as a headache, fever, and body aches, quickly escalated into an excruciating migraine, debilitating muscle stiffness, and an overwhelming sense of nausea. I was hit with what I thought was a nasty case of the seasonal flu, and it sucked. But I powered through, drinking my liquids and following the natural recommended flu-protocol, knowing that it would all be over within a few days.

My prognosis proved wrong, however. Over a week into my sickness I still couldn't eat, and I was dropping weight like a Jenny Craig story gone right. The only word I could use to describe the feeling in my stomach was "gross." My usually clear skin had broken out, and my urine and stool were also starting to look "off" to say the least, which caused some serious concern.

Then on day 10, I looked in the mirror and noticed something even more unsettling – I was yellow. My skin was lifeless and my eye-whites had become saturated by yellow stains and red veins. I knew it was jaundice, a symptom commonly associated with an out-of-whack liver, which is never a good sign. But I was curious about the cause, so I gathered the energy to head to the walk-in clinic to see what was up.

After my tests, the clinic told me that they'd only call or email if there was an issue. A day later, I received the email, with bold capitals, **"You have Mononucleosis (AKA kissing disease), and your liver enzyme levels are EXTREMELY ABNORMAL. Please come to the clinic immediately!"**

"Mono!? How would that have even been possible?" I wondered, "I've been with the same person for 8 years!" I rarely have even just one drink; super-foods and exercise are an everyday staple for me, so how was my liver so out-of-whack?



Well as it turns out, the mono had conveniently decided to wage war against my liver, and I was losing drastically.

The doctor explained that normal liver enzyme levels range anywhere from 5-50 units per liter of serum, while someone who is ill may have 100 u/liter. **My enzyme levels were over 1000.** She told me that my liver was basically failing and that I would need further testing done at a hospital.

I was shocked. Never did I think I would be dealing with a failing liver at the pinnacle of my mid-20's health. A large portion of my writing work is based around diet and health. I offer health advice to the community regularly. Confused I was indeed.

But there I was. Sitting in the emergency room, face mask and all, sticking out like the contagion reservoir I was. There were a few curious stares coming from fellow patients, but most were so wrapped up in their own excruciating physical traumas and ailments, such as a burst appendix and kidney stones, to care about anything other than their name being called by a nurse.

I overheard some of them talking, the ones who had bonded while they'd been waiting. Some had been there over 8 hours, patiently awaiting results and word from the doctor about ultrasounds or blood tests. Things were moving slow, and people weren't happy about it.

Staring at the faces of the busy nurses, med-school residents, doctors, and various other medical staff, one thing was blatantly apparent – no one looked happy. There was a density that filled the room and hallway – sick people, miserable staff. No available water, and the closest thing I saw for food was a vending machine stocked with pure junk.

I was in shock. There was nothing I could see about the environment that was conducive to healing, and it soon became apparent that everything I had feared and known was true – the state of modern medicine is in shambles.

Here was my dilemma – do I sit and wait for another 3 hours to hear my limited options (of which there weren't many in my case), i.e., a liver transplant? Or do I say “screw it” to the conventional medical system and take my health into my own hands, like I tell so many others to do in my writing?

Then, in a moment of divine synchronicity, I got the message. While I pondered my decision, scrolling aimlessly through my Facebook newsfeed, a meme with a frighteningly relevant message appeared. **“The power to heal is within you.”**

That was all I needed. I threw my face mask in the garbage and marched out of the hospital faster than I could say **“SEE-YA!”**

I told myself it was time to practice what I preach and trust that I had the power to heal my failing liver with the right nutrients.

My Liver-Saving Protocol

Although I felt strong in my decision, going against convention is never easy. Fears of the worst-case scenario would come and go, and I was still very sick, *and* yellow. At times I wondered, **“Am I really just letting myself die slowly?”** or **“Is this lemon juice and oregano oil *really* powerful enough to heal me?”**

Well, long story short, yes they are powerful enough. And here is exactly what I did.



My liver flush protocol: fresh squeezed green juices, beet and carrot juice, grapefruits and lemons, pure cranberry juice, H2O galore, and a system of herbal supplements.

Clean Water

Drinking lots (at least 4 liters) of water is a no-brainer in any kind of body flush. I used filtered water which always had one or two freshly squeezed lemons in it. The alkaline environment created by consuming clean [lemon water](#) would prevent any acid-loving organisms from thriving.

Oil of Oregano

Next was to try to kill off the mono virus that was wreaking havoc on my body. I began taking about 15 drops of [oil of oregano](#) (combined with garlic) every day. Oil of oregano is a [powerful](#) (and nasty tasting) adversary for any sort of bacterial, fungal, or viral infection. Opt only for oregano oil made from *Origanum vulgare* and *Thymus capitatus*, a variety that grows in Spain.

Fresh Squeezed Juices

I became a regular visitor at a nearby raw-food cafe, called **Live Organic**, where I purchased a variety of different cold-pressed juices. One of my favorites was a concoction of beets, carrots, lemon, ginger, and cayenne, appropriately called *liver lover*.

Beets and Carrots are rich in glutathione, a protein that helps detoxify the liver. Both are extremely high in plant-flavonoids and beta-carotene. Eating beets and carrots can help stimulate and improve overall liver function. ([Source](#))

The green juices I chose were low in sugar and contained pounds upon pounds of fresh, green vegetable nutrients. Kale, chard, romaine, celery, and spirulina were most commonly used.

Furthermore, I drank freshly squeezed grapefruit juice like it was going out of style, another great source of glutathione. I found lemon, grapefruit, and orange made a delicious combination.



Freshly squeezed grapefruit, orange ,and lemon juice. Delicious scale? 10/10

Pure Cranberry Juice Cocktail

I also created an organic cranberry juice cocktail that combined pure organic cranberry juice, ginger powder, and fresh squeezed lemon and orange.

This cocktail is [loaded](#) with vitamin C, a nutrient that works to thin and decongest bile, allowing the liver to more readily digest fats, as well a glutathione, chelation, and antioxidants.

Spices and Herbal Supplements for the Liver

I purchased an all-natural herbal drink called “Liver Flush” by Omega Alpha. Its main ingredients included [milk thistle](#), [dandelion](#), burdock root, and wormwood shoot.

Over the past forty years, intensive chemical, pharmacological, and clinical research has confirmed the mechanisms of action and therapeutic value of milk thistle in a wide range of human liver-related and non-liver-related conditions. Silymarin is the active ingredient in milk thistle that supports liver detoxification.

Double blind studies on the effect of milk thistle on toxic liver damage (mostly alcohol-related), chronic liver disease, and disease caused by certain drugs have been reviewed by medical experts. The experts all concluded that milk thistle is an extremely therapeutically useful medicinal plant product that stabilizes the cell membrane and stimulates protein synthesis while accelerating the process of regeneration in damaged liver tissue. These effects are important in the therapeutic

efficacy of milk thistle.

Organically sourced herbs are powerful [antioxidants](#) which neutralize liver-damaging free radicals.

A Reinforced Perspective On Our Current Health Paradigm



Gaining back my health through natural interventions was a very empowering experience. We've been led to believe the power lies outside of ourselves, and it is due time that we dissolve this belief system.

After a one month bout of mono and a liver that had almost failed me, I came out of my experience with a new, or perhaps "reinforced," perspective on our current health paradigm. I absolutely have a greater compassion for the chronically ill. To think that so many spend their days bed-ridden, drug-induced, and helplessly passed down by the medical system is extremely disheartening.

The current system is [killing](#) us slowly, divorcing us from our innate power to heal ourselves, and it is up to each of us to regain this ability and to *loosen* our dependence on the advice of conventionally-trained physicians.

Thanks to the incredible amount of readily available information online, we are amidst a new era of health-empowerment, in which the old adage "**you are what you eat**" couldn't be more relevant.

Do you have a similar story you'd like to share with the world? Please tell us about it in the comment section below!

<https://www.globalhealingcenter.com/natural-health/10-uses-organic-oregano-oil/>

10 Uses for Organic Oregano Oil

by Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM

Published on , Last Updated on



Hands down, oregano oil is one of the best natural supplements you can get. It's produced from the perennial herb oregano and loaded with free-radical-crushing antioxidants. A growing body of research has shown that oregano oil offers many positive health benefits and is one of the most potent natural remedies in existence.^[1] In particular, there has been a significant evaluation of its effects against harmful organisms; investigations even been made by major pharmaceutical companies. Let's take a look at why there's so much [interest in oregano oil](#) and its 10 best uses.

What Are the Top 10 Uses for Oregano Oil?

1. Immune System Support

There's a lot of evidence to show that oregano oil is a powerful tool for the immune system, especially when it encounters outside invaders. One study straight from the United States Department of Agriculture reported that oregano oil has such a strong action against germs that it could easily defeat Salmonella.^[2]

These findings were echoed by researchers the Department of Physiology & Biophysics at Georgetown University Medical Center who said, "New, safe agents are needed to...overcome harmful organisms... Based on our previous experience and that of others, we postulated that herbal essential oils, such as those of origanum (oregano oil) offer such possibilities."^[3]

2. Protection Against Harmful Organisms

If you've consumed undercooked meat or impure water, or countless other risky actions, harmful organisms are likely to be residing inside of your body. Thankfully, oregano oil is shown to be extremely useful for getting rid of these unwanted invaders. One study examined the relationship between oregano oil and harmful organisms and found that taking 600 mg of oregano oil daily

prompted a complete disappearance of harmful organisms in the body.^[4]

3. Promotes a Balanced Mood

Studies have found that some compounds in oregano oil, including carvacrol, thymol, and terpinene may positively influence the nervous system and mind. Aromatherapy with oregano oil seems to promote a healthy mood, reduce stress, and inhibit emotional abnormalities.^[1]

4. Digestive Aid

I've said it a million times—health begins in the gut! Good digestion is absolutely necessary to experience good health. While I recommend using an [oxygen-based colon cleanser](#) to clean out your digestive tract, stopping the build-up in the first place needs to be part of the plan, and oregano oil can help. Oregano oil is known to stimulate the flow of bile into the digestive organs, enhancing the digestive process.^[5]

5. Menstrual Aid

Irregular, uncomfortable periods and unpleasant effects from menopause are a big problem for many women; one of the best natural remedies is oregano oil. It may actually help support regular menstruation^[6] and protect against negative menopause experiences.^[7] For women, this is a substantial bonus to the already lengthy list of uses and effects of oregano oil.

6. Supports Graceful Aging

Perhaps the hottest health trend of the past few years is the science of combatting aging. It's important to understand that aging is largely affected by oxidation and free radicals, which is why antioxidants are so effective. Oregano oil offers a huge amount of antioxidants that can aid in the defense against these aging-accelerators.^[8]

7. Allergy Support

If you suffer from [allergies and environmental sensitivities](#), the soothing properties of oregano oil are appealing. Oregano oil can produce a sedating effect on the hypersensitivity of allergies, which ultimately encourages relief.^[1] For those wishing to avoid harsh medications, oregano oil may be a natural alternative for curtailing the undesirable effects associated with environmental sensitivities.

8. Weight Loss

In addition to its reputation as a natural immune booster, oregano oil also packs a punch against unwanted body fat. Its main [active ingredient, carvacrol](#), is thought to modulate genes and reduce irritation in white adipose tissue. In one study, when fed a high-fat diet, mice not given carvacrol quickly became obese. In contrast, mice given carvacrol gained significantly less weight and even had lower levels of cholesterol and triglycerides in their blood.^[9]

9. Eases Discomfort

Aches and stiffness can wreak havoc and negatively impact your quality of life. Many people use

oil of oregano topically and say that it feels like it goes deep inside their skin to [relieve sore joints and muscle discomfort](#).^[6] Simply create a 50/50 mixture of organic oregano oil and organic olive oil and apply topically to the affected area for relief. If you suffer from sore muscles, sports injuries, and backaches, this is one benefit you'll appreciate.

10. May Help You Feel Better When You Have a Cold

Oregano oil isn't a cure for the cold, but it can help you feel better. The essential oil can help promote easy breathing, calm a cough, and soothe a sore throat.^[6] Many people claim that when they start to feel under the weather, they place 3-6 drops into an empty capsule and take 2-3 times daily before meals. A 5-10 day regimen has been reported as doing wonders.

Supplementing with Oregano Oil

Oregano oil is an absolute must-have item for any medicine cabinet or emergency kit. The array of benefits it offers makes it one of the best all-around supplements you can get. Remember, as with any health product, quality matters tremendously.

[Oregatrex™](#), Global Healing Center's oregano oil blend, is organic, has an extra virgin olive oil base, and at least 80% carvacrol. It's also blended with peppermint oil and capsaicin (the compound that gives peppers their heat) for added resistance to harmful organisms.^[10, 11]

It's easy to get started with an organic oregano oil blend like Oregatrex. Simply shake the bottle, place 1-6 drops in a vegetarian capsule (included), and take at the beginning of your meal, 2-3 times daily or as recommended by your physician. Capsaicin is a great ingredient and wonderful substance in its own right, but it is hot, so it's best to avoid consuming oregano oil liquid directly. Keep it away from your eyes and don't leave it where children or pets could get into it.

Is oregano oil a staple in your home? What's your favorite benefit? Leave a comment below and share your thoughts with us!

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†Results may vary. Information and statements made are for education purposes and are not intended to replace the advice of your doctor. Global Healing Center does not dispense medical advice, prescribe, or diagnose illness. The views and nutritional advice expressed by Global Healing Center are not intended to be a substitute for conventional medical service. If you have a severe medical condition or health concern, see your physician.

Chewing Oregano or taking Oregano Oil Really Does Clean Your Liver....

65

Herbs and Assisted Suicide.

Hemlock Leaves (the plant will kill you) (the tree wont), Calamus for several Days on End, Sulfur, Gold, Strychnine, Nightshade, Curare, Arsenic, Datura, Lilly of the Valley, Rosary pea, Oleander, European yew, Daffodils, Doll's Eye, Stinging tree, Castor beans, Castor beans, Monkshood, Jimsonweed, Morning Glory, White snakeroot, Larkspur, Foxglove, Melia azedarach, aconite extract is a common one.

66

Herbs Cure Cancer And Save Lives By causing cancer cells to commit suicide. Citrus from lemons cures cancer, Citral from Lemongrass cures cancer by causing cancer cells to commit suicide and THC from cannabis cures cancer.

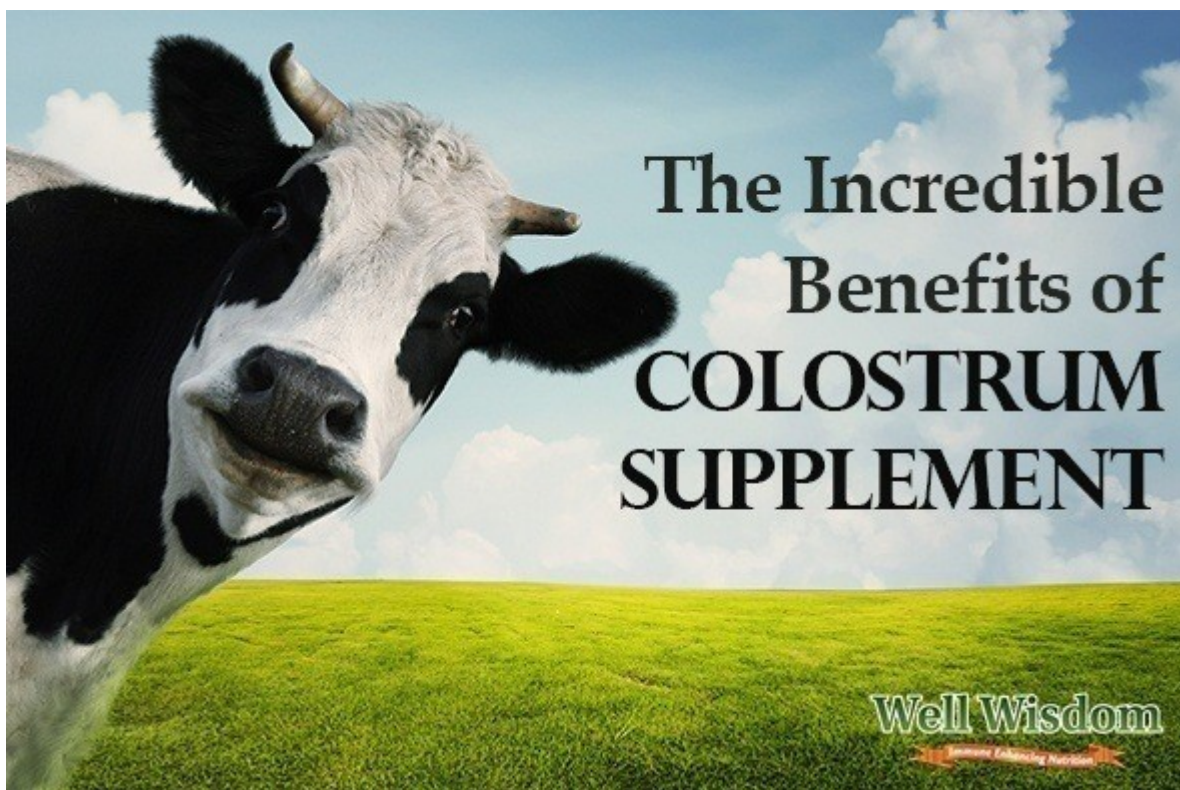
66 Colostrum Benefits.

<http://www.wellwisdom.com/benefits-of-colostrum-supplement/>

Colostrum is a probiotic that also cures cancer.

The Incredible Benefits of Colostrum Supplement

If you've never heard of colostrum, you are definitely missing out! Not only is it one of the most amazing superfoods on the planet, but it offers a lot of awesome benefits. You'll find that adding a bit of colostrum to your diet can go a long way towards making you a healthier, happier person!



Want to find out more? Read on to find out about the benefits of colostrum...

WHAT IS COLOSTRUM?

Before we get into the health benefits of colostrum, we need to take a closer look at what it really is.

Colostrum is sort of a pre-milk that is produced by cows (and human mothers). It is the stuff that the newborn calves feed on, and it provides them with all of the nutrients that they need as they are still very young.

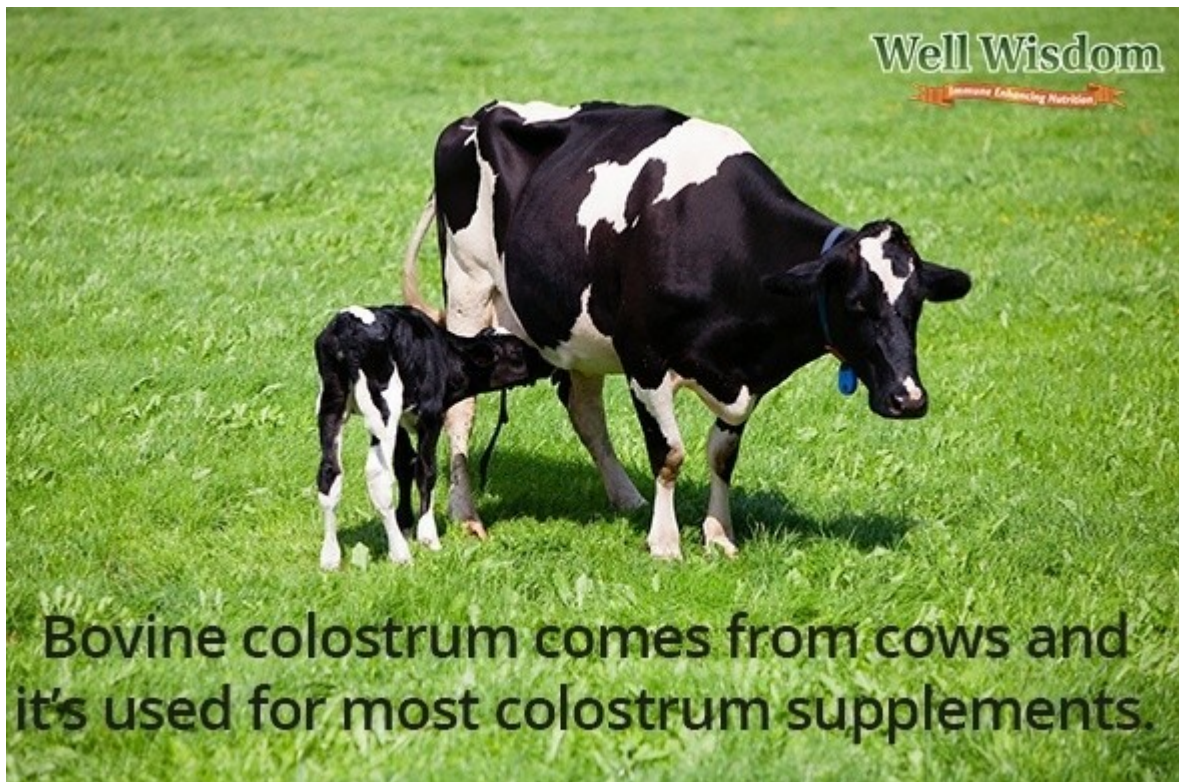
When calves are born, they have not been exposed to any of the diseases, bacteria, or germs that mother cow has been exposed to. This means that they have no immune system of their own, increasing the chance that they will develop infections or illness.

With colostrum, however, the mother passes on all of the important nutrients that the calf needs to stay strong.

- Colostrum passes on the antibodies, immune factors, and nutrients that will keep the calf healthy as they begin to develop their own immune system
- It also provides a lot of the fat and proteins that is needed for the calf to develop healthy bones and muscles.
- It contains special adaptogenic properties, which will help the calf to produce the cells that will be its own immune system.
- It increases the white blood cell count of the calf's body, helping them to fight off infection and disease all on their own.
- Colostrum also provides the bacteria that will help the calf to digest milk properly

As you can see, colostrum plays a very important part in the growth and health of a newborn calf, but it's just as important for humans! Before new mothers produce regular breast milk, they produce colostrum—which plays a central role in the new baby's development.

Without colostrum, the first few weeks of a newborn's life would be filled with disease and infection. Thanks to colostrum, a lot of the mother's immune system is passed to the little one.



TYPES OF COLOSTRUM

There are two types of colostrum:

- **Human colostrum** — This is the colostrum that is produced by mothers when their baby is still very young. It is sometimes available for purchase, but it is not the type most commonly used for colostrum supplements.
- **Bovine colostrum** — This is the stuff that comes from cows, and it is the type of colostrum that is used for most colostrum supplements. It contains many of the same nutrients found in human colostrum, but it has a higher fat and protein content.

As you read on, keep in mind that the colostrum supplements we're talking about will most likely contain bovine colostrum!

BENEFITS OF COLOSTRUM SUPPLEMENT

There are a surprising number of [benefits of colostrum](#), including:

Improving Gut Health

Your gut (also known as your intestinal tract) is responsible for the breakdown and absorption of food, as well as the elimination of waste products. It also detoxifies your body, and about 80% of your immune activity happens in your gut. Basically, your intestines are two of the most important organs in your entire body.

There is an immunoglobulin protein called sIgA (secretory IgA) that plays a central role in your overall health. Low sIgA levels has been linked to:

- Chronic intestinal problems
- Autism
- IBS
- Ulcerative colitis
- Crohn's disease
- Candidiasis

People suffering from these diseases tend to have low levels of this important protein.

However, taking colostrum is one of the best ways to increase sIgA levels in your body. Colostrum will help to balance your immune system, reduce the inflammatory cytokines in your intestines, and even repair the damage that has already been done to your gut by the disorders listed above.

Colostrum can help to [reduce leaky gut damage](#), repair the intestinal lining, and get your intestinal function back on track—leading to improved immune function, digestion, elimination, detoxification, and better health in general!



Boost Immune Function

Did you know that colostrum contains about 100 times the immunoglobulin proteins as regular milk does? That means that you get about 100 times the immune-fighting cells that you would from regular cow milk, boosting your immune system drastically!

Not only do you get more disease-fighting cells, but you get a lot of the antibodies and transfer factors that will “teach” your body how to recognize and fight disease more effectively. Colostrum basically works like the master key to your immune system, and it will give you all of the disease-fighting “skills” that the mother’s immune system had. It sort of coordinates the immune system, ensuring that your body can recognize threats and destroy them.

However, for those who are suffering from autoimmune disorders (specifically those in the intestines), colostrum can help to rewrite the code in your immune system so that it will be able to tell healthy body tissue apart from abnormal tissue (such as cancerous tissue or infected tissue).

This can help to reduce your body’s tendency to attack itself, reducing the severity of autoimmune disorders. It may not be the ultimate treatment, but it can help to make the autoimmune disorder a bit easier to manage.

If you have a hyperactive immune system (very common with autoimmune disorders), [colostrum can help to suppress and calm it down](#). This will actually increase the efficiency of your immune system, and will make it easier for your body to fight the actual invaders without attacking healthy tissue.

For those with HIV/AIDS, colostrum can actually be a life-saver. Those suffering from AIDS are unable to produce the immunoglobulin proteins needed to combat microbes and pathogens, so

colostrum can help their bodies to produce the necessary protective proteins. Once again, it isn't a cure, but it can help to manage the disease.

Pretty amazing stuff, isn't it? You'll find that colostrum is one of the best supplements to take for your immune system. The immune-boosting benefits of colostrum are numerous, and just the fact that it will repair gut damage and improve intestinal health is reason enough for you to consider taking colostrum!

Want to find a top-notch colostrum supplement? Well Wisdom has an excellent supplement containing [Bioactive Colostrum](#), made from grass-fed cows and 100% free of GMOs, antibiotics, and BSE.

BioActive Colostrum has been proven to stimulate your immune system as well as reduce an overactive immune response (common with autoimmune disorders). It is a powerful antioxidant that can help you deal with a number of health disorders—making it a great choice for improved overall health!

71 Turmeric Benefits.

<https://www.globalhealingcenter.com/natural-health/8-impressive-health-benefits-turmeric/>

8 Impressive Health Benefits of Turmeric

by Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM

Published on , Last Updated on



Turmeric, also known as *Curcuma longa*, is an ancient spice that has remained popular in India and Asia since 2,000 BC. The spice belongs to the [ginger](#) family and is a prized component of the culinary traditions of these cultures. Turmeric imparts a vibrant yellowish hue to curry dishes, and the spice is used as a natural dyeing agent for cloth.

Curcuminoids are the main phytochemicals that give turmeric its most impressive and wide-ranging health benefits. Amazingly, over 9,000 medical and clinical research studies have evaluated turmeric and [curcumin](#) and yielded a wealth of positive information.

There are three main phytochemicals in the curcuminoid family that are responsible for turmeric's health benefits: diferuloylmethane (or curcumin, the primary curcuminoid responsible for turmeric's vibrant yellowish color), demethoxycurcumin, and bisdemethoxycurcumin. In addition to these three chemicals, turmerone is a potent volatile oil found in the root.

Research has shown that these curcuminoids communicate with 160 mechanisms and pathways in the body to support a wide range of processes, including brain health, cardiovascular health, tissue health, and more. [\[1, 2\]](#)

8 Health Benefits of Turmeric

Turmeric provides an abundance of [antioxidants](#) capable of supporting cellular health, but what does that mean for you? Here are some of the most well-researched benefits of turmeric.

1. Promotes Balanced Mood

A randomized, double-blind, placebo-controlled study published in the *Journal of Affective Disorders* reported noticeable and promising results with turmeric for supporting a balanced mood. Two groups were studied. The first group received curcumin daily, while the other received placebo.

After eight weeks, the mood and [anxiety](#) score tests completed by all of the participants showed significant symptom improvements compared to placebo. Could turmeric be a potential new option for stabilizing mood?^[3]

2. Helps Wounds Heal

Cut your finger? A study in the Sept 2014 issue of *Life Sciences* found that the curcumin in turmeric offers beneficial properties that appear to accelerate the wound healing process by soothing irritation and oxidation. As more research evaluates turmeric's ability to support the body's natural healing abilities, the breadth of applications could be enormous.^[4]

An exciting study in the October 2006 issue of *Molecular and Cellular Biochemistry* demonstrated the efficacy of a topical turmeric application for wounds in rats. The results showed that turmeric supported collagen synthesis rates, improved wound contraction, and increased tissue strength and cell proliferation around the wound. Turmeric also showed antioxidant properties that helped the healing process.^[5]

3. Eases Aches and Discomfort

An impressive study completed and published in the March 2014 issue of the *Journal of Clinical Interventions in Aging* examined the effect of turmeric on knee discomfort. Results showed that turmeric experienced relief on par with more conventional options. The turmeric group, however, seemed to enjoy more relief from joint stiffness. Those taking turmeric reported significantly fewer side effects than those following mainstream-oriented action plans.^[6] A double-blind, placebo-controlled study in the December 2011 issue of *Surgical Endoscopy* looked at turmeric supplementation on postoperative discomfort and fatigue. Patients taking turmeric experienced significantly less discomfort compared to placebo.^[7]

4. Encourages Balanced Blood Sugar

A novel investigative study published in the Nov 2014 issue of the *Journal of Endocrinology* looked at the effects of curcumin on insulin-producing cells within the pancreas called Beta cells (or B-cells) and Islet cells, in relation to [imbalanced blood sugar](#). Researchers addressed B-cell lines and human Islet cells with preparations of turmeric and observed positive benefits.^[8]

5. Soothes Irritated Tissue

Turmeric is valuable in helping soothe excess irritation. The swelling response is a healthy and natural mechanism the body uses to usher soothing compounds during times of crises or repair. It's believed that most people in today's toxic, stress-laden environment are under constant pressure and the tissue in their body is irritated, red, and swollen as a result. A review published in the 2007 issue of *Advances of Experimental Medicine* noted the soothing effect of turmeric is likely exerted through its ability to inhibit enzymes that irritate tissue.^[9, 10]

6. Loosens Stiff Joints

A randomized, pilot clinical study published in the November 2012 issue of *Phytotherapy Research*

set out to determine the effectiveness of turmeric for active joint discomfort. One group received the standard-of-care medication while the other received turmeric. Patients were given symptom score sheets to assess results. Turmeric outperformed the other option on all levels and was relatively free of adverse side effects. ^[11]

7. Encourages Normal Lipid Levels

Turmeric's ability to encourage normal lipid profiles has been hypothesized and studied since the 1990s with varying levels of benefits. Some studies show an impressive reduction in lipid profiles for turmeric-supplemented groups. One randomized, single-blind clinical study published in the November 2011 issue of *Phytotherapy Research* investigated turmeric's effect on lipid levels. Group participants were given either curcumin from turmeric in small or large servings; a control group was given [vitamin E](#) only. After just seven days, the results proved statistically significant. Small servings of turmeric produced the most favorable and balancing effects on lipid profiles. ^[12]

The results of a seven-day trial showed the curcumin-supplemented participants had better lipid profile numbers. Most importantly, these studies show that turmeric is consistently safe and has very low risk of side effect. ^[13]

8. Supports the Stomach Lining

India has long used turmeric in curry dishes as a taste and color enhancer. One reason for its longstanding popularity is because of its soothing properties on digestion. Researchers tested the protective effects of turmeric on the lining of the stomach against acidic preparations used to induce stomach ulcers. A preparation containing turmeric essential oils was administered before the ethanol and it was observed that turmeric protected the cells in the stomach and damage was reduced. In addition, turmeric also appears to offer some impressive protection for stomach ailments. ^[14]

Supplementing with Turmeric

There are a lot of turmeric supplements on the market; some better than others. Only purchase organic products from reputable companies. Because turmeric is so popular, there are many low-quality products produced under questionable circumstances. If you're in the market for a turmeric supplement, we recently released a [liquid turmeric extract](#). I'm really proud of it and the feedback has been incredible. I'd like to hear from people who've supplemented with turmeric. How has it affected your life? Leave a comment below and share your experience.

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<http://responsibletechnology.org/10-reasons-to-avoid-gmos/>

10 Reasons to Avoid GMOs

1. GMOs are unhealthy.

The American Academy of Environmental Medicine (AAEM) urges doctors to prescribe non-GMO diets for all patients. They cite animal studies showing organ damage, gastrointestinal and immune system disorders, accelerated aging, and infertility. Human studies show how genetically modified (GM) food can leave material behind inside us, possibly causing long-term problems. Genes inserted into GM soy, for example, can transfer into the DNA of bacteria living inside us, and that the toxic insecticide produced by GM corn was found in the blood of pregnant women and their unborn fetuses.

Numerous health problems increased after GMOs were introduced in 1996. The percentage of Americans with three or more chronic illnesses jumped from 7% to 13% in just 9 years; food allergies skyrocketed, and disorders such as autism, reproductive disorders, digestive problems, and others are on the rise. Although there is not sufficient research to confirm that GMOs are a contributing factor, doctors groups such as the AAEM tell us not to wait before we start protecting ourselves, and especially our children who are most at risk.

The American Public Health Association and American Nurses Association are among many medical groups that condemn the use of GM bovine growth hormone, because the milk from treated cows has more of the hormone IGF-1 (insulin-like growth factor 1)—which is linked to cancer.

2. GMOs contaminate—forever.

GMOs cross pollinate and their seeds can travel. It is impossible to fully clean up our contaminated gene pool. Self-propagating GMO pollution will outlast the effects of global warming and nuclear waste. The potential impact is huge, threatening the health of future generations. GMO contamination has also caused economic losses for organic and non-GMO farmers who often struggle to keep their crops pure.

3. GMOs increase herbicide use.

Most GM crops are engineered to be “herbicide tolerant”—they deadly weed killer. Monsanto, for example, sells Roundup Ready crops, designed to survive applications of their Roundup herbicide.

Between 1996 and 2008, US farmers sprayed an extra 383 million pounds of herbicide on GMOs. Overuse of Roundup results in “superweeds,” resistant to the herbicide. This is causing farmers to use even more toxic herbicides every year. Not only does this create environmental harm, GM foods contain higher residues of toxic herbicides. Roundup, for example, is linked with sterility, hormone disruption, birth defects, and cancer.

4. Genetic engineering creates dangerous side effects.

By mixing genes from totally unrelated species, genetic engineering unleashes a host of unpredictable side effects. Moreover, irrespective of the type of genes that are inserted, the very process of creating a GM plant can result in massive collateral damage that produces new toxins, allergens, carcinogens, and nutritional deficiencies.

5. Government oversight is dangerously lax.

Most of the health and environmental risks of GMOs are ignored by governments' superficial regulations and safety assessments. The reason for this tragedy is largely political. The US Food and Drug Administration (FDA), for example, doesn't require a single safety study, does not mandate labeling of GMOs, and allows companies to put their GM foods onto the market without even notifying the agency. Their justification was the claim that they had no information showing that GM foods were substantially different. But this was a lie. Secret agency memos made public by a lawsuit show that the overwhelming consensus even among the FDA's own scientists was that GMOs can create unpredictable, hard-to-detect side effects. They urged long-term safety studies. But the White House had instructed the FDA to promote biotechnology, and the agency official in charge of policy was Michael Taylor, Monsanto's former attorney, later their vice president. He's now the US Food Safety Czar.

6. The biotech industry uses "tobacco science" to claim product safety.

Biotech companies like Monsanto told us that Agent Orange, PCBs, and DDT were safe. They are now using the same type of superficial, rigged research to try and convince us that GMOs are safe. Independent scientists, however, have caught the spin-masters red-handed, demonstrating without doubt how industry-funded research is designed to avoid finding problems, and how adverse findings are distorted or denied.

7. Independent research and reporting is attacked and suppressed.

Scientists who discover problems with GMOs have been attacked, gagged, fired, threatened, and denied funding. The journal Nature acknowledged that a "large block of scientists . . . denigrate research by other legitimate scientists in a knee-jerk, partisan, emotional way that is not helpful in advancing knowledge." Attempts by media to expose problems are also often censored.

8. GMOs harm the environment.

GM crops and their associated herbicides can harm birds, insects, amphibians, marine ecosystems, and soil organisms. They reduce bio-diversity, pollute water resources, and are unsustainable. For example, GM crops are eliminating habitat for monarch butterflies, whose populations are down 50% in the US. Roundup herbicide has been shown to cause birth defects in amphibians, embryonic deaths and endocrine disruptions, and organ damage in animals even at very low doses. GM canola has been found growing wild in North Dakota and California, threatening to pass on its herbicide tolerant genes on to weeds.

9. GMOs do not increase yields, and work against feeding a hungry world.

Whereas sustainable non-GMO agricultural methods used in developing countries have conclusively resulted in yield increases of 79% and higher, GMOs do not, on average, increase yields at all. This was evident in the Union of Concerned Scientists' 2009 report Failure to

Yield—the definitive study to date on GM crops and yield.

The International Assessment of Agricultural Knowledge, Science and Technology for Development (IAASTD) report, authored by more than 400 scientists and backed by 58 governments, stated that GM crop yields were “highly variable” and in some cases, “yields declined.” The report noted, “Assessment of the technology lags behind its development, information is anecdotal and contradictory, and uncertainty about possible benefits and damage is unavoidable.” They determined that the current GMOs have nothing to offer the goals of reducing hunger and poverty, improving nutrition, health and rural livelihoods, and facilitating social and environmental sustainability.

On the contrary, GMOs divert money and resources that would otherwise be spent on more safe, reliable, and appropriate technologies.

10. By avoiding GMOs, you contribute to the coming tipping point of consumer rejection, forcing them out of our food supply.

Because GMOs give no consumer benefits, if even a small percentage of us start rejecting brands that contain them, GM ingredients will become a marketing liability. Food companies will kick them out. In Europe, for example, the tipping point was achieved in 1999, just after a high profile GMO safety scandal hit the papers and alerted citizens to the potential dangers. In the US, a consumer rebellion against GM bovine growth hormone has also reached a tipping point, kicked the cow drug out of dairy products by Wal-Mart, Starbucks, Dannon, Yoplait, and most of America’s dairies.

NOTE: As an additional motivation to avoid GMOs, you may wish to take a lesson from the animals. Eyewitness reports from around the world describe several situations where animals, when given a choice, avoid genetically modified food. These include cows, pigs, geese, elk, deer, raccoons, mice, rats, squirrels, chicken, and buffalo. We’re pretty sure the animals didn’t read the above 10 reasons.

The Campaign for Healthier Eating in America is designed to achieve a tipping point against GMOs in the US. The number of non-GMO shoppers needed is probably just 5% of the population. The key is to educate consumers about the [documented health dangers](#) and provide a [Non-GMO Shopping Guide](#) to make avoiding GMOs much easier.

Please choose healthier non-GMO brands, tell others about GMOs so they can do the same, and join the [Non-GMO Tipping Point Network](#). Together we can quickly reclaim a non-GMO food supply.

Locally Grown.

<https://www.localharvest.org/buylocal.jsp>

Why Buy Local?

Most produce in the US is picked 4 to 7 days before being placed on supermarket shelves, and is shipped for an average of 1500 miles before being sold. And this is when taking into account only US grown products! Those distances are substantially longer when we take into consideration produce imported from Mexico, Asia, Canada, South America, and other places.

We can only afford to do this now because of the artificially low energy prices that we currently enjoy, and by externalizing the environmental costs of such a wasteful food system. We do this also to the detriment of small farmers by subsidizing large scale, agribusiness-oriented agriculture with government handouts and artificially cheap energy.

Cheap oil will not last forever though. World oil production has already peaked, according to some estimates, and while demand for energy continues to grow, supply will soon start dwindling, sending the price of energy through the roof. We'll be forced then to reevaluate our food systems and place more emphasis on energy efficient agricultural methods, like smaller-scale organic agriculture, and on local production wherever possible.

Cheap energy and agricultural subsidies facilitate a type of agriculture that is destroying and polluting our soils and water, weakening our communities, and concentrating wealth and power into a few hands. It is also threatening the security of our food systems, as demonstrated by the continued e-Coli, GMO-contamination, and other health scares that are often seen nowadays on the news.

These large-scale, agribusiness-oriented food systems are bound to fail on the long term, sunk by their own unsustainability. But why wait until we're forced by circumstance to abandon our destructive patterns of consumption? We can start now by buying locally grown food whenever possible. By doing so you'll be helping preserve the environment, and you'll be strengthening your community by investing your food dollar close to home. Only 18 cents of every dollar, when buying at a large supermarket, go to the grower. 82 cents go to various unnecessary middlemen. Cut them out of the picture and buy your food directly from your local farmer.

80 Activated Charcoal Benefits.

<https://draxe.com/activated-charcoal-uses/>

Top 10 Activated Charcoal Uses & Benefits

Activated Charcoal Uses & Benefits

Activated charcoal is a potent natural treatment used to trap toxins and chemicals in the body, allowing them to be flushed out so the body doesn't reabsorb them. It's made from a variety of sources, but when used for natural healing, it's important to select activated charcoal made from coconut shells or other natural sources.

One of the most popular activated charcoal uses is for the safe and effective treatment of poisoning and drug overdoses. It's used in emergency trauma centers across the world. In addition, it's used to reduce bloating and gas, lower cholesterol, treat bile flow problems safely during pregnancy, and even prevent hangovers.(1)

Research shows that activated charcoal works better than stomach pumping (gastric lavage) in some situations.(2)

So, how does activated charcoal work?

Activated charcoal works by trapping toxins and chemicals in its millions of tiny pores. Typically, however, it's not used when petroleum, alcohol, lye, acids or other corrosive poisons are ingested.

It doesn't absorb the toxins, however. Instead it works through the chemical process of **adsorption**. In the body, **absorption** is the reaction of elements, including nutrients, chemicals and toxins, soaked up and assimilated into the blood stream. **Adsorption** is the chemical reaction where elements bind to a surface.

The porous surface of activated charcoal has a negative electric charge that causes positive charged toxins and gas to bond with it. The nooks and crannies in activated charcoal are created through a heating process. It's important to note that *activated charcoal* is **not charcoal used in your barbecue grill!** Barbecue charcoal is loaded with toxins and chemicals, and should never be consumed.

Top 10 Activated Charcoal Uses

Whenever you take activated charcoal, it's imperative to drink 12-16 glasses of water per day.

Activated charcoal can cause dehydration if adequate amounts of water aren't consumed in tandem. In addition, this helps to flush out the toxins quickly and prevents constipation experienced by some individuals.

In addition to being a safe and effective treatment for poisonings and the removal of toxins from the system, additional activated charcoal uses include deodorizing and disinfecting, and it's an important step to [cure](#) Lyme disease. Here are the top 10 activated charcoal uses:

1. Whitens Teeth

Have your teeth become stained from coffee, tea, wine or berries? Activated charcoal helps whiten teeth while promoting good oral health by changing the pH balance in the mouth, helping prevent cavities, bad breath and [gum disease](#).

It works to whiten teeth by adsorbing plaque and microscopic tidbits that stain teeth. This activated charcoal use is cost-effective and an all-natural solution for a bright smile.

BE CAREFUL, it can (and will) stain grout and fabrics. Protect counters, floors and clothing before using.

To whiten your teeth naturally, wet a toothbrush and dip into powdered activated charcoal. Brush teeth as normal, paying special attention to areas showing the most staining. Sip a bit of water, swish through mouth thoroughly and spit. Rinse well, until spit is clear.

For best results, brush your teeth with activated charcoal two-three times per week.

Note: If you have crowns, caps or porcelain veneers, it's possible that activated charcoal will stain them. In addition, if your teeth become sensitive, quit using it.

2. Alleviates Gas & Bloating

One activated charcoal use often overlooked is to alleviate uncomfortable gas and bloating. It works by binding the gas-causing byproducts in foods that cause discomfort.

A study in the American Journal of Gastroenterology found that activated charcoal prevents intestinal gas following a typical gas-producing meal.[\(4\)](#)

Dosing recommendations to alleviate gas and bloating: Take 500 milligrams one hour prior to a typical gas-producing meal, with a full glass of water. Follow with an additional glass of water immediately thereafter to help get the charcoal into your system, where it can bind with gas-producing elements.

3. Treats Alcohol Poisoning & Helps Prevent Hangovers

While activated charcoal does not adsorb alcohol, it does help quickly remove other toxins from the body that contribute to poisoning. Alcohol is rarely consumed in its pure form; mixers that include artificial sweeteners and chemicals are common. Activated charcoal removes these toxins.

In addition, when activated charcoal is taken at the same time as alcohol, some studies show it can significantly reduce blood alcohol concentrations.(5) Princeton University's *First Aider's Guide to Alcohol* indicates that activated charcoal is administered in some situations related to alcohol.(6) This includes if the individual is unconscious or showing signs of acute alcohol poisoning.

4. Mold Cleansing

Most people don't think about mold living in their bodies, but it can. [Toxic mold causes depression](#), kidney and liver failure, decreased brain function, heart disease, eye irritation, headaches, vomiting, impaired immune system function, and severe respiratory distress.

Homes that have flooded, or even those with small leaks under a sub-floor or in the walls, can create an environment where mold can thrive. Poor ventilation contributes to the problem, and bathrooms, basements and laundry rooms are particularly prone to mold growth.

If there is visible mold in your home, it must be mitigated properly. It's important to wear gloves and a protective mask to keep from inhaling toxic mold during cleanup. Baking soda, apple cider vinegar, tea tree oil and borax can be used to clean mold off hard surfaces and keep mold from growing in the future.

If you or your family experience symptoms including wheezing, rashes, watery eyes, coughing or headaches that aren't explained in other ways, your home should be evaluated for mold spore levels, even if no visible mold is detected. It can thrive behind drywall, under floors and in ventilation ducts.

5. Water Filtration

Activated charcoal traps impurities in water including solvents, pesticides, industrial waste and other chemicals. This is why it's used in water filtration systems throughout the world. However, it doesn't trap viruses, bacteria and hard-water minerals.

According to a study published in the Journal of the Canadian Dental Association, activated carbon filters (activated charcoal), removes some fluoride. (7) Avoiding [fluoride](#) and detoxing from it is important for oral health, proper immune system functioning, and healthy kidneys and liver.

Drinking water is essential to good health; however, typical [tap water is toxic](#) and laden with chemicals, toxins and fluoride. Ingestion should be limited whenever possible. Activated charcoal water filters are available for whole-home systems, as well as countertop models. Drink eight-10 glasses of pure water per day to help soothe the digestive tract, fight fatigue, keep organs operating, and provide lubrication for joints and tissues.

6. Emergency Toxin Removal

As mentioned above, one of the most common activated charcoal uses is to remove toxin and chemicals in the event of ingestion. Most organic compounds, pesticides, mercury, fertilizer and bleach bind to activated charcoal's surface, allowing for quicker elimination, while preventing the absorption in the body.

Activated charcoal is also used in the event of an accidental, or purposeful, overdose of many pharmaceutical drugs and over-the-counter medications. It's effective for aspirin, opium, cocaine,

morphine and acetaminophen. It's important that the proper amount is administered as quickly as possible — definitely within an hour of ingestion.

In the event of poisoning, call 911 immediately. Proper dosing is imperative. According to the University of Michigan Health System, 50 to 100 **grams** (*not milligrams!*) is used in cases of poisoning in adults and 10 to 25 grams for children.[\(8\)](#)

In addition, activated charcoal can be used in cases of food poisoning when nausea and diarrhea are present. Adults take 25 grams at onset of symptoms or when food poisoning is suspected, and children should be given 10 grams. Increase dosage as necessary. Remember, it's essential that adequate water is consumed when activated charcoal is taken.

TOP 10 ACTIVATED CHARCOAL Uses

1

Whitens
Teeth

2

Alleviates Gas
& Bloating

3

Treats Alcohol
Poisoning
Help Prevents
Hangovers

4

Mold
Cleansing

5

Water
Filtration

6

Emergency
Toxin Removal

7

Body &
Health

8

Digestive
Cleanse

9

Anti-Aging



7. Skin and Body Health

Activated charcoal uses extend beyond internal applications. For external treatments, it's effective at treating body odor and acne and relieving discomfort from insect bites, rashes from poison ivy or poison oak, and snake bites.

After a mosquito bite or bee sting, mix one capsule of activated charcoal with ½ tablespoon of coconut oil, and dab on affected area. Reapply every 30 minutes until itching and discomfort are gone. As activated charcoal stains nearly everything it touches, wrap with a bandage.

To treat bites from snakes and spiders, including the Brown Recluse or Black Widow, you want to cover a larger area than just a small bandage, as the bacteria and viruses that lead to tissue damage need to be mitigated quickly.

Create a wrap out of fabric that's big enough to go around the affected area twice. Dab the mixture of coconut oil and activated charcoal on the fabric, and wrap. Secure with bandages. Reapply every two to three hours, rinsing well between applications.

To treat acne, mix one capsule of activated charcoal with two teaspoons of [aloe vera](#) gel, and smooth over face. Let dry and rinse off completely. The activated charcoal binds with environmental toxins and dirt that contribute to acne. It's also good for spot treatments.

8. Digestive Cleanse

Activated charcoal uses help promote a healthy digestive tract by removing toxins that cause allergic reactions, oxidative damage and poor immune system function. By removing the toxins from your system, you can [reduce joint pain](#), increase energy and increase mental function.

Environmental factors, including pesticides on food, chemicals in the water we drink and exposure to mold, create a toxic burden in our bodies. It's important to routinely cleanse the digestive tract to support overall health and wellness. To complete a digestive cleanse with activated charcoal, take 10 grams 90 minutes prior to each meal, for two days.

During the cleanse, eat only organic fruits and vegetables, grass-fed meat, and wild fish. If during the cleanse you find you are constipated, this is a sure sign you're not consuming enough water! Drink a glass of warm water with a slice of lemon and a touch of honey every half hour until constipation is relieved.

9. Anti-Aging

Activated charcoal uses include helping prevent cellular damage to kidneys and liver, as well as supporting healthy adrenal glands. It's imperative to cleanse toxins and chemicals routinely from the body. Activated charcoal benefits major organs by helping the body flush out the toxins and chemicals that cause the damage.

Aging is a natural part of life, but due to the toxic load we are exposed to through food, our homes and workplaces, and our environment, to prevent pre-mature aging we must get rid of them.

For this activated charcoal use, take two capsules per day after exposure to nonorganic foods, heavy

meals or after contact to other toxins. This supports better cognitive function, a reduction in *brain fog*, healthier kidney and liver function, and a healthier digestive tract.

10. Reduces High Cholesterol

Studies around the world show that activated charcoal reduces bad cholesterol and increases good cholesterol as much as some prescription medications. In one study, total cholesterol decreased by 25 percent, LDL cholesterol decreased by 41 percent, while HDL increased by 8 percent — in just four weeks.⁽⁹⁾

Study participants took three doses of eight grams each for the period of the study. As mentioned below, don't take activated charcoal within 90 minutes to two hours of taking any prescription medication or supplements as it can prevent proper absorption.

Activated Charcoal for First Aid

I recommend activated charcoal as a part of first aid kits, both at home and at work.⁽³⁾ In the event of an emergency where toxins, drugs or chemicals are ingested, it's imperative to call 911 immediately. If you have activated charcoal on hand, be sure to tell the operator; the operator may advise to administer it prior to the first responder's arrival.

Depending on the amount of toxins or chemicals ingested and types of toxins, multiple doses may be required. At the hospital, physicians are able to administer more as needed.

Activated Charcoal Side Effects

For the activated charcoal uses mentioned here, it's generally deemed safe for most individuals. However, it's always good to be aware of any medical conditions such as intestinal bleeding or blockages, holes in the intestines, chronic dehydration, slow digestion, or a recent abdominal surgery, as they may affect how activated charcoal reacts in your body.⁽¹⁰⁾

Additionally, activated charcoal can interfere with the absorption of nutrients, supplements and interfere with prescription medications. Take activated charcoal 90 minutes to two hours prior to meals, supplements and prescription medications. Potential adverse interactions with the following drugs can occur:⁽¹¹⁾

- **Naltrexone (used for alcohol and opioid dependence)**
- **Acrivastine**
- **Bupropion**
- **Carbinoxamine**
- **Fentanyl**
- **Hydrocodone**
- **Meclizine**
- **Methadone**
- **Morphine**

- **Morphine Sulfate Liposome**
 - **Mycophenolate Mofetil**
 - **Mycophenolic Acid**
 - **Oxycodone**
 - **Oxymorphone**
 - **Suvorexant**
 - **Tapentadol**
 - **Umeclidinium**
 - **Acetaminophen**
 - **Tricyclic antidepressants**
 - **Theophylline**
-

Where to Buy Activated Charcoal

When selecting activated charcoal for any of the uses above, it's vital that you know what it's made from. Not all activated charcoal supplements are created equally.

Look for activated charcoal made from coconut shells or identified wood species that have ultra-fine grains. In the powdered form, many products have added artificial sweeteners to make them more palatable; avoid these.

[Artificial sweeteners](#) are loaded with chemicals, and frankly it doesn't make sense to take activated charcoal to rid your body of chemicals and toxins if it's loaded with chemicals. Sweeten it naturally if desired with fresh juice or one of the [natural sweeteners](#) I recommend.

Activated Charcoal is Anti-cancer, Is like a full dental checkup if you brush your teeth with it.

87 Sodium Bicarbonate AKA Baking Soda.

<https://draxe.com/baking-soda-uses/>

33 Surprising Baking Soda Uses & Remedies

Many of us think of baking soda as an ingredient used for cooking, or even something that helps to keep our refrigerators odor-free, but baking soda is surprisingly good for your health and home, too!

[FREE Guide](#): 33 Surprising Baking Soda Uses & Remedies

An inexpensive purchase (usually costing about \$1), baking soda uses vary from basic daily hygiene, injuries, [digestive issues](#), stomach pain, [coughs](#) and [sore throats](#).

Throughout history, baking soda has been used as a rising agent when baking. It's 100 percent sodium bicarbonate; so when mixed with acid, baking soda makes bubbles and gives off a carbon dioxide gas, causing the dough to rise.

Baking soda is known as nahcolite, which is part of the natural mineral natron. Natron contains large amounts of sodium bicarbonate and has been used since ancient times as a [deodorizer](#), soother and cleanser.

Baking Soda Uses & Benefits

Baking soda is a great tool for cleaning and removing stains, but there are many health benefits associated with the use of baking soda, too. Some of the most common baking soda benefits include:

- Eases **stomach pain**
- Helps with **digestive issues**
- Relieves **bloating and gas**
- Fights off **diseases**
- Neutralizes **acid**
- Kills **fungi, mold and parasites**
- Minimizes **cough and sore throat**
- Reduces the duration of [cold and flu](#)
- Helps [pH balance](#)
- Reduces the symptoms of [gout](#)
- Promotes [kidney health](#)
- Treats **urinary tract infections**
- Reduces **muscle pain and fatigue**

Top 33 Baking Soda Uses

Baking Soda Uses: FACE & SKIN

- 1. Natural Deodorant** – Create your own [deodorant](#) by mixing a teaspoon of baking soda with enough water to create a milky paste, then rub it under your underarms or even on your feet.
- 2. Face Exfoliator** – Remove dry skin from your face by creating your own baking soda exfoliate. Combine one teaspoon of baking soda with half a cup of water and rub it on your face in a circular motion, then rinse.
- 3. Hand Softener** – To scrub away dirt and odors, mix baking soda with warm water and rub it on your hands. This natural scrub will leave your hands clean and soft.
- 4. Feet Soother** – Create your own foot bath with a tablespoon of baking soda and warm water. The baking soda will remove bacteria and odors, and it will help to prevent [toenail fungus](#).
- 5. Itchy Skin Relief** – Baking soda can help to reduce discomfort from sunburn, [allergic rashes](#), and skin affected by poison ivy or poison oak. Mix a teaspoon with some water to create a paste – then rub it on your skin.
- 6. Splinter Removal** – Splinters will come out naturally after a few days of soaking it in baking soda (use a mix that includes a tablespoon of baking soda and warm water). Soak the affected area twice a day.
- 7. Bug Bite Soother** – Rub baking soda on your bug bite to relieve the itching. Create a paste with a teaspoon of baking soda and water. Keep applying the paste – about three times a day until the bite dissipates.
- 8. Sunburn Relief** – Your fragile sunburned skin will benefit from soaking in a mixture of baking soda and water. Draw a warm bath and add half a cup of baking soda; you can also mix baking soda into your favorite body lotion.

1 tsp of baking soda can be mixed with lemon water and then you drink it.

33 BAKING SODA

USES for FACE & SKIN

1 NATURAL DEODORANT

Create your own deodorant by mixing a teaspoon of baking soda with enough water to create a milky paste; then rub it under your underarms or even on your feet.



2 FACE EXFOLIATOR

Remove dry skin from your face by creating your own baking soda exfoliate. Combine one teaspoon of baking soda with half a cup of water and rub it on your face in a circular motion, then rinse.



3 HAND SOFTENER

To scrub away dirt and odors, mix baking soda with warm water and rub it on your hands. This natural scrub will leave your hands clean and soft.



4 FEET SOOTHER

Create your own foot bath with a tablespoon of baking soda and warm water. The baking soda will remove bacteria and odors, and it will help to prevent toenail fungus.



5 ITCHY SKIN RELIEF

Baking soda can help to reduce

6 SPLINTER REMOVAL

Splinters will come out naturally

Baking Soda Uses: HAIR & TEETH

9. Hair Cleanser – Add a teaspoon of baking soda to your shampoo and rub it into your hair. This is a great way to remove dirt and oil, or residue that is left over from hair products.

10. Brush and Comb Cleaner – You don't want to use harmful chemicals in your hair products, so use baking soda to clean your brushes or combs. Take advantage of this baking soda benefit by creating a natural paste by combining two teaspoons of baking soda with one cup of water. Rub the paste into your hair product and then rinse.

11. Homemade Toothpaste – Baking soda is known to increase [plaque removal](#) — that is why it's commonly used in toothpaste. Straight baking soda has abrasive qualities, and over time it may wear away enamel. Instead, to keep [fresh breath](#), you can add baking soda to your toothpaste or just dip your toothbrush in baking soda a few times a week. ([1](#))

12. Teeth Whitener – To keep your teeth looking pearly white, create your own paste with a teaspoon of baking soda and water. Once a week, rub the paste onto your teeth, let it sit for five minutes, and then rinse your mouth. ([2](#))

33 BAKING SODA

USES for HAIR & TEETH

1 HAIR CLEANSER

Add a teaspoon of baking soda to your shampoo and rub it into your hair. This is a great way to remove dirt and oil, or residue that is leftover from hair products.



2 BRUSH & COMB CLEANER

You don't want to use harmful chemicals in your hair products, so use baking soda to clean your brushes or combs. Take advantage of this baking soda benefit by creating a natural paste by combining 2 teaspoons of baking soda with 1 cup of water. Rub the paste into your hair product and then rinse.



3 HOMEMADE TOOTHPASTE

Baking soda is known to increase plaque removal- that is why it's commonly used in toothpaste. Straight baking soda has abrasive qualities, and over time it may wear away enamel. Instead, to keep fresh breath, you can add baking soda to your toothpaste or just tip your toothbrush in baking soda a few times a week.



4 TEETH WHITENER

To keep your teeth looking pearly white, create your own paste with a teaspoon of baking soda and water. Once a week, rub the paste onto your teeth, let it sit for five minutes, and then rinse your mouth.



Baking Soda Uses: NATURAL HEALTH

13. Heartburn and Indigestion Relief – Baking soda is a cost-effective way to reduce heartburn and indigestion, as opposed to other options like Tums and Rolaids, which also contain bicarbonate. Simply add half a teaspoon of baking powder to two cups of water. An hour after eating, drink this mixture to gain some relief.

14. Cancer Prevention – Baking soda is known to increase the pH of acidic tumors without affecting the [pH balance](#) of healthy tissues and the blood. When you have a pH imbalance, unhealthy organisms are able to flourish, which damages tissues and organs, and compromises the immune system. Baking soda consumption can be used as a means of nutritional and immune support for people with cancer.

15. Exercise Enhancer – The baking soda benefits can change your exercise routine, too. It has the power to absorb the lactic acid that builds up in muscles during vigorous workouts, which can delay fatigue and enhance your athletic performance. You can consume baking soda by drinking a teaspoon with water.

16. Improve Kidney Function – As an alkaline substance, baking soda buffers acids in the body and helps to keep pH levels balanced. Low-functioning kidneys have a hard time removing acid from the body, so consuming baking soda will help with just that.

17. Reduce Ulcer Pain – Because baking soda neutralizes [stomach acid](#), it's the perfect remedy for ulcers. Drink a glass of water with 1-2 teaspoons of baking soda to relieve symptoms.

33 BAKING SODA

USES for NATURAL REMEDIES

1 HEARTBURN & INDIGESTION RELIEF

Baking soda is a cost effective way to reduce heartburn and indigestion, as opposed to other options like Tums and Rolaids, which also contain bicarbonate. Simply add half a teaspoon of baking powder to 2 cups of water. Drinking this mixture an hour after eating will do the trick.



2 CANCER PREVENTION

Baking soda is known to increase the pH of acidic tumors without affecting the pH balance of healthy tissues and the blood. When you have a pH imbalance, unhealthy organisms are able to flourish, which damages tissues and organs, and compromises the immune system. Baking soda consumption can be used as a means of nutritional and immune support for people with cancer.



3 EXERCISE ENHANCER

The baking soda benefits can change your exercise routine too; it has the power to absorb the lactic acid that builds up in muscles during vigorous workouts; this can delay fatigue and enhance your athletic performance. You can consume baking soda by drinking a



4 KIDNEY FUNCTION

As an alkaline substance, baking soda buffers acids in the body and helps to keep pH levels balanced. Low functioning kidneys have a hard time removing acid from the body, so consuming baking soda will help with just that.



Baking Soda Uses: HOME

18. Natural Kitchen Scrub – Sprinkle baking soda on the surfaces in your kitchen and use a sponge or rag to scrub. You can even add [lemon](#), [lavender](#) or [peppermint essential oil](#) to add a natural and healing fragrance to this DIY cleaning product.

19. Pots and Pans Cleaner – Baking soda can be used to hand wash pots and pans, and it won't hurt these valuables either. Just let them soak in baking soda for 15-20 minutes ... the grease, grim or food will come right off.

20. Carpet Cleaner – Many carpet cleaners include chemicals that can be harmful to your pets or children, so use baking soda to give your carpet a good cleaning instead. Sprinkle your carpet with baking soda; let it sit for 15-20 minutes, and then vacuum.

21. Gentle Baby Clothes Cleanser – Baking soda can be used as a natural cleanser and even a fabric softener. It's the perfect way to clean baby clothes — just add one cup to your laundry load.

22. Fruit and Veggie Scrub – Make your own natural scrub by adding a teaspoon of baking soda to water. The pasty mixture is a perfect way to remove bacteria from your fruits and veggies.

23. Silverware Cleaner – Create a paste that is three parts baking soda and one part water. Rub the paste onto your silverware and let it sit in a large tray or bowl. After 15-20 minutes, rinse the silverware.

24. Microwave Cleaner – Don't use harmful chemicals to clean your microwave; instead, just add a teaspoon of baking soda to a damp rag. This combination will wipe away food and grease easily.

25. Drain Cleaner – Mix baking soda with apple cider vinegar to create your own drain cleaner. This is a much safer option than the harmful chemicals that are typically used to clear drains. Let the combination bubble for 15 minutes, then rinse it with hot water.

26. Dish-Washer Helper – Add baking soda to your regular dish washing cycle; this will help to eliminate unwanted grease and grime that builds up on your dishes.

27. Fire Extinguisher – If you experience a minor grease fire in your kitchen, you can use baking soda to put it out. Pour baking soda on the fire and it will stifle the flames instantly.

28. Shoe Deodorizer – Can't get that smell out of your shoes? Sprinkle baking soda inside your shoes and the smell will clear up within minutes.

29. Coffee and Tea Pot Cleaner – To remove coffee stains and funky tastes from your coffee or tea pot, make this quick mixture: one-fourth cup of baking soda with one quart of warm water. Rub the mixture on and in your pots; if you are battling tough stains, let it sit for a few hours first and then rinse.

30. Shower-Curtain Cleaner – Get rid of those stains that show up on shower curtains by rubbing baking soda onto them. Add a little water and the grime will be gone shortly.

31. Closet Freshener – To keep your closet smelling clean and fresh, place a box or cup of baking

soda inside.

32. Wash Your Car – Ever hear of a baking soda car wash? Because baking soda easily removes grease and dirt, it's the perfect ingredient for the ultimate car cleaning. Create a paste with one-fourth cup of baking soda with one cup of warm water. With a sponge or rag, rub the paste onto your car (tires, lights, seats, windows) and then rinse. Or dilute in a gallon of water to remove dirt and grime off your paint as well — just make sure to thoroughly dissolve as baking soda is abrasive in its powdered state.

33. Kitty-Litter Deodorizer – To keep your cat box smelling as fresh as possible, cover the bottom of the box with baking soda first, and then fill it in with kitty litter as usual. After cleaning out the liter, give the box a quick refresher by sprinkling baking soda on top.

Recommended Dosage for Baking Soda

Recommended dosages from the Arm and Hammer Company for colds and influenza date back to 1925. The company broke the doses up into a three-day period.

The first day consists of six doses of a half-teaspoon of baking soda in a glass of cool water, at about two-hour intervals.

On the second day, the company advises that the individual take four doses of a half-teaspoon of baking soda in a glass of cool water, at the same intervals.

The third day includes two doses of a half-teaspoon of baking soda in a glass of cool water, morning and evening, and thereafter a half-teaspoon of baking soda in a glass of cool water each morning until the cold or flu symptoms are cured.

If you are using baking soda to reduce acidosis (a high level of acid in the body) induced by the diet or the aging process, the recommended dose is five grams daily. If you are using baking soda to treat a medical condition, and it has been more than two weeks, it's a good idea to see your doctor to be sure that you can continue self-medicating.

Some doctors are using baking soda to treat yeast infections and even [cancer](#). There is not enough research to prove that baking soda is an effective tool for treating cancer patients, but some doctors are using this alternative medicine. In these cases, baking soda is given via the mouth or into a vein. It's also given intra-arterially (into an artery supplying blood to the tumor) and is sometimes given as a solution directly through the windpipe and into the lungs to treat [lung cancer](#). (3)

Baking Soda Side Effects

Using baking soda on the skin or body is safe and nontoxic. Consuming baking soda orally is also safe, but don't exceed the recommended dose. Too much baking soda can upset the body's acid-base balance; it can also cause nausea and diarrhea when used in excess; it may also cause stomach

cramps and an increase in thirst. (4)

Because baking soda is high in sodium — 1,259 milligrams in one teaspoon — high doses aren't safe, for such doses can raise your [blood pressure](#) and cause swelling. In severe cases, it can overload circulation and lead to heart failure. People who consume too much baking soda have reportedly developed blood chemistry imbalances and heart malfunction (ineffective pumping). (5)

If you have edema, liver disease, kidney disease or high blood pressure, you should *avoid* taking baking soda internally. You should also refrain from consuming baking soda if you are pregnant or breastfeeding. Do not allow children under the age of five to consume baking soda.

If you are on prescription drugs, consult your doctor before consuming baking soda, and make sure you speak to your doctor about drinking baking soda if you are on a sodium-restricted diet.

Some products that may interact with baking soda include [aspirin](#) and other salicylates, barbiturates, calcium supplements, corticosteroids, medications with a special coating to protect the stomach, lithium, quinidine, and diuretics.

Read Next: [77 Coconut Oil Uses & Cures](#)

From the sound of it, you might think leaky gut only affects the digestive system, but in reality it can affect more. Because Leaky Gut is so common, and such an enigma, I'm offering a free webinar on all things leaky gut.

1 tsp of baking soda can be added to Lemon Water that is distilled then you drink.

98 Ozonated Water.

Bob Beck Protocol – Ozonated water: Stage III protocol



[Webster Kehr, ICRF +](#)

• Read time: 4 mins [Print 2](#)

Important note

This article is only a small part of the complete Bob Beck Protocol article. Do NOT read this article without reading the complete Bob Beck Protocol article first:

[Main Bob Beck Protocol Article](#)

Article #4: Ozonated water

It has been shown in scientific experiments that there is an inverse relationship between the amount of oxygen in the blood and the ability of cancer to spread. In other words, the more oxygen, the less your cancer is able to spread.

Ozone is a superb way to get oxygen into your body. However, the amount of ozone in ozonated water is probably not enough to seriously stop the spread of cancer. But it may slow it down and help the other protocols do their job.

This treatment is officially a detoxification protocol because it oxidizes toxins and thus prevents many of the serious side-effects of microbe die-off.

The liquids which are part of the complete Bob Beck Protocol are either in the form of purified water (such as a high-quality spring water) or ozonated water. **It is the proportion of these two types of liquids which are important to pay attention to.**

Soda pops (whether diet or sugar soda pop), alcohol, coffee, tea, etc. should **not** be consumed during the Bob Beck Protocol. But natural, 100 percent fruit juices can be consumed at any time (with certain exceptions discussed in the main article).

One of the simplest and least expensive ways to get ozone (i.e. which breaks down into oxygen singlets and O₂) into the bloodstream is to ozonate ice cold purified or spring water (no tap water). The colder the water is, the more ozone the water can hold and the longer it can hold it.

Here is a list of the major benefits of ozonated water:

1. It purifies the blood of some microbes,
2. It is a superb detoxification method (it oxidizes the toxins, thus neutralizing them),

3. It may kill some cancer cells or the microbes inside the cells,
4. It can stop the spreading of cancer,
5. It may provide energy,
6. It can help the immune system by providing the white blood cells oxygen singlets.

A home-grade [water ozonator](#) will cost about \$300. A medical-grade ozonator, which is not necessary for this treatment, costs \$3,000 and up.

There are several other things that are necessary to understand.

First, the container the purified or spring water is in, that the ozone will be bubbled into, **ABSOLUTELY MUST BE MADE OF GLASS**. Ozone will tear apart a plastic container or plastic tube and you will end up drinking plastic. This eliminates people on feeding tubes from using this part of the treatment unless the feeding tubes are made of silicon. Everything the ozonated water touches should be made of glass, even the drinking glass. Every tube should be made of silicon.

Second, the cancer patient should drink the ozonated water as soon as it is made because the ozone only lasts about 20 minutes.

You should turn the ozonator on, with the stone bubbling in the water, for about 6-10 minutes before drinking.

You **cannot** use ozonated water when making [colloidal silver](#) because if you boil ozonated water (boiling some water is necessary to make colloidal silver), it won't have any ozone left in it. One water is cold (when ozonated water is made) and one water is hot (when colloidal silver is made).

Ozonated water does not store well, not even in the refrigerator. If you do store it for a few hours, make sure it is in a glass bottle, has a tight non-metallic, and non-plastic lid, and is put and stays in the refrigerator immediately after making. But even this is not recommended because in order to make a tight lid there must be some type of plastic involved.

Because ozonated water, by itself, can create some flu-like symptoms because of die-off, you may want to build up with this product (there is no need to taper off).

As mentioned in the main article, the minimum amount of liquids (e.g. water or ozonated water) you should consume is one ounce per two pounds of body weight (e.g. 200 **pounds** means 100 **ounces**).

To build up to the amount of ozonated water, you could start with 10 percent of your total liquid intake coming from ozonated water and 90 percent from purified or spring water. In other words, **your total daily intake of liquids will be the same every day**, but for the first day, for example, only 10 percent of your total daily intake is ozonated water. The second day only 20 percent of your total daily intake is ozonated water. Or whatever buildup you wish to use.

You should build up to 100 percent ozonated water as the liquid part of the Bob Beck Protocol.

Lung cancer patients, emphysema patients and asthma patients (and anyone else with lung congestion) should NOT use the water ozonator at all. The reason is that ozone gas is released during the process of bubbling and ozone gas may cause congestion or make existing congestion much worse. However, these patients should drink the required amount of liquids as purified or a quality spring water (do NOT use distilled water as your main drinking water as it can pull/leech

minerals out of the body).

Articles in Bob Beck Series

- [Main Page: Bob Beck Protocol \[This Article\]](#)
- [Article #1: Blood Purifier](#)
- [Article #2: Magnetic Pulser](#)
- [Article #3: Colloidal Silver](#)
- [Article #4: Ozonated Water](#)

Vendors of Hardware, VHS and Books

- [The 4 Hz Blood Purifier \(Sota calls it the “Silver Pulser”\), Magnetic Pulser, etc. \[Sota Instruments\]](#)
- [The 4/10/40 Hz Blood Purifier \(Microbe Electrifier\), Magnetic Pulser, Colloidal Silver, Tumor Electrifier \[BioElectric\]](#)
- [Nature Kleen Water Ozonator](#)
- [\(Australia\) Vendor of All Bob Beck Products](#)
- [\(New Zealand\) Vendor where 4 Hz Blood Purifier can be purchased](#)
- [A More Powerful Colloidal Silver Maker \(Make Your Own\)](#)
- [Beck Video Part 2 – How to Use The Products \[MUST BUY\]](#)

General Information

- [Article on AIDS and the Bob Beck Protocol – Mirror](#)
- [Article on AIDS and the Bob Beck Protocol – Article](#)
- [Where to obtain more information on the Bob Beck Protocol](#)
- [Where to obtain more information on the Bob Beck Protocol](#)

Build Your Own Bob Beck Equipment

- [Build Your Own – Blood Purifier – Schematics of Blood Purifier](#)
- [Build Your Own – Magnetic Pulser – Technical Details \[description\]](#)
- [Build Your Own – Magnetic Pulser – Technical Details](#)
- [Build Your Own – Magnetic Pulser – Technical Details](#)

Bob Beck Videos and Papers

- [YouTube \(1 of ??\) – Bob Beck – Granada Forum 1997 \[MUST WATCH\]](#)
- [YouTube – Bob Beck – Demonstration \[MUST WATCH\]](#)
- [Bob Beck Lecture – Take Back Your Power \(Adobe Acrobat File\)](#)
- [Bob Beck Paper – Take Back Your Power \(Longer Version\)](#)

101 Vim and Vigor Citricare.

CitriCare®

Extracts of Lemon, Lime, Tangerine and Grapefruit seeds.



CitriCare® is a natural citrus seed extract made from lemon, lime, tangerine and grapefruit seeds. **CitriCare®** has many uses, but one of the most common is that it is very effective at helping to control excess yeast (*Candida albicans*) or fungus in the body. It also has many other possible uses as shown below.* It has no known toxicity or adverse side effects.

One of *CitriCare's*® most popular uses is to assist the stubborn body in losing weight.*

Is your body being Stubborn about Losing Weight

Craving Carbs & Sugars? Bloating? Fatigued?

Weight Loss: Some people may have a hard time losing weight due to an overabundance of yeast in their system. This yeast can cause us to be **tired**, to **crave carbohydrates and sugars**, to be **bloated**, and to have a **very hard time losing weight** on any program that we may try. **CitriCare®** has been shown to be very effective at controlling bad bacteria, yeast, and fungus, and is therefore **an excellent way to assist a weight-loss program**. If the above symptoms sound familiar, **CitriCare®** may be the answer for you. **CitriCare®** is a natural citrus seed extract that has helped many to achieve their weight loss goals.

In live blood testing of blood containing candida and bacteria, the special combination of extracts in

CitriCare® was effective at removing all candida and bacteria in 25 minutes! Better than tests with just grapefruit seed extract alone! This all-natural product has no known harmful

side effects or toxicity.

*“My body was always stubborn about losing weight and I tended to crave carbohydrates and sugars. Fortunately, **CitriCare®** has changed that for me. Since starting **CitriCare®** my appetite has been under control and I find that I naturally do not want to eat as much bread and dessert. My overall energy is better as well as my clarity of thinking. That brain fog is gone! **CitriCare®** has helped me tremendously.” ** - Linda M.*

Yeast (Candida): Yeast can manifest itself in other areas of the body and is thought to be the underlying cause of other health problems. A person may or may not be experiencing a weight problem of any of the above symptoms, but may still benefit from **CitriCare®** in other areas.

Water:**CitriCare®** can help to make contaminated water safer to drink. Take camping, traveling and keep on hand for emergency situations.

Other Uses*:

Candida • Fungus • Sore Throats • Gingivitis • Nail Fungus • Athlete’s Foot • Warts • Fruits & Vegetables • Rinsing Fish, Poultry & Meats

Ingredients: Grapefruit seed, Lemon seed, Lime seed, and Tangerine seed.

Other Ingredients: purified water and vegetable glycerin.

[Click here to order](#)



Immusist™ Natural is a beverage concentrate of formulated surfactant blends. Surfactants can lower surface tension, which can assist in hydrating and oxygenating cells. **Immusist™** can thereby act as a great delivery system allowing your body to absorb other nutrients better. Many like to mix **Immusist™** and **CitriCare®** in the same glass of juice or beverage. (It is recommended to take *Immusist* at least 2 hours apart from prescription medication.)

* The statements made have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. **For any severe or persistent condition, see your medical doctor.**

** Testimonials are from customers and represent their personal opinions. Results may vary.

Possible Uses for *CitriCare*®*

• Never take *CitriCare*® straight. Always dilute in water or juice.

To assist with Weight Loss &/or for those suspecting too much Yeast (Candida):

Take 12 drops of *CitriCare*® in a few ounces of juice and follow with water. Do this 2X/day (i.e.

24 drops/day) for 3 - 6 weeks. Try it in a little V-8, OJ, Sprite, or vanilla almond milk and follow

with 6 - 8 oz water. **DO NOT** take straight. We suggest 12 drops *CitriCare* at breakfast time and

another 12 drops in the afternoon. Can modify use thereafter for maintenance.

Still take *Collagenate*® once a day with water (at a different time than

CitriCare®; *Collagenate*®

should be taken ONLY with water on an empty stomach).

Cut back on sugar, fruit, fruit juices, carbohydrates, breads and grains while taking *CitriCare*. It does

not help to keep feeding the yeast while you are trying to get rid of it!

Yeast (Candida) or fungus: Take 12 drops 2X/day in water or juice (as mentioned above).

For skin or vaginal yeast infections, try bathing with 15 - 20 drops of

CitriCare® in a bathtub of water

for 15 - 20 minutes.

Immusist™ and *CitriCare*® can be taken in the same glass of juice of beverage. Work up to about 8 - 16 drops *Immusist*™ and 12 drops of *CitriCare*® in 1/2 cup of juice or flavored water. Drink quickly and follow with straight water. Take 2X/day. Recommended to start with 4 - 6 drops of each and work up.

Diarrhea (Tourista, E. Coli): 8 drops, in 8 ounces of water or juice, 3X/day (or 12 drops 2X/day).

Best to take on an empty stomach, 15 minutes before meals. **DO NOT** take straight.

Drinking Water: 10 drops for each gallon of water or 1 drop per 8 ounce glass of water. Agitate or mix

vigorously and let it rest for a few minutes before drinking. Good to use in drinking water as a preventative agent when traveling.

Sore Throats or Thrush: Gargle with 2-3 drops in a ½ glass of water.

Also take internally in water or juice (12 drops 2X/day).

**Great For
Sore Throats!**

Gingivitis (gum disease): 2 drops on a toothbrush with a little water, brush lightly in morning. Or put 2 drops in waterpic water. Try to treat only the gums, keep off enamel of teeth.

[Click Here to Order](#)

(See your doctor or medical professional for diagnosis and treatment of medical conditions*)

Nail Fungus: 2-3 drops in a small bowl of water or 8-10 drops in a foot bath of water; soak for 15-20 minutes.

In addition, take 12 drops 2X/day internally, mixed in water or juice. **DO NOT** take straight.

Athlete's Foot: Mix 10 drops per 8 ounces of water in a spray bottle. Spray on feet before bedtime. In addition, take 12 drops 2X/day internally, mixed in water or juice.

Warts: Place 1 drop directly on wart and cover with a bandage. Apply 1 to 2 times per day.

Rinsing Fruits & Vegetables: Mix 7-8 drops per gallon of water and soak fruits and vegetables for 15 minutes. Rinse thoroughly after soaking.

Rinsing Fish, Poultry, and Meats: Can follow instructions above for fruits and vegetables. Or put 7-8 drops in a spray bottle and spray the meat all over. Let sit for 15 minutes and rinse thoroughly. Pat dry. For hamburgers: Put 3-4 drops in hamburger mixture and let sit for 15 minutes before cooking.

*** The above are guidelines for possible uses. This information is not intended to diagnose or treat any disease and cannot take the place of a medical doctor. For any severe or persistent condition, see your medical doctor.**

CitriCare®

100% natural source

Extracts of Lemon, Lime, Tangerine and Grapefruit seeds.

[Click Here to Order](#)

107 Distilled water. Avoid Fluoride.

<https://www.globalhealingcenter.com/natural-health/3-health-benefits-distilled-water/>

3 Health Benefits of Distilled Water

by Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM

Published on , Last Updated on



Distilled water is water that's been purified of contaminants through distillation. The process is relatively simple; water is brought to a boil and converted to steam. The steam flows through cooling tubes and condenses back into pure water. This is different than simply filtering water in that this process removes all potentially harmful organisms and chemicals. As you may imagine, there are benefits to drinking and using distilled water beyond superficial smell and taste improvements.

1. Removing Contaminants

The most important health benefit distilled water offers is the elimination of water borne contaminants that may potentially be found in water. Drinking contaminated water is one of the fastest ways to spread disease, toxic metals and industrial pollutants. By removing the contaminants from water through distillation, we can help alleviate the risk of future illnesses and [toxic buildup](#).

2. Elimination of Chemicals

The most common problem with drinking municipal water is that [chlorine](#) and/or [fluoride](#) are added as part of the water treatment process. The addition of fluoride is a huge can of worms alone and perhaps one of the greatest scams perpetrated in modern times. Among a host of other problems, too

much fluoride in your drinking water can have adverse effects such as tooth discoloration and breakdown of tooth enamel. Chlorine can be harmful to your skin in undiluted amounts, it can also be harmful to your body in the diluted amounts of city water. Distilled water has filtered out these chemicals as well as others to make what is called pure water.

3. No Additives

Many municipal water supplies also contain calcium. While calcium is essential to maintaining good health, too much calcium can be a precursor to kidney stone formation. For some people, kidney stones can be a constant and painful problem and drinking distilled water can reduce the risk of developing more kidney stones. And, if you just prefer to be in complete control of how you receive your vitamins and minerals, there is no substitute for distilled water.

The Flipside to No Additives

Distillation will remove impurities found in water but will also remove the naturally occurring [minerals](#). The World Health Organization has stated that 14 necessary micronutrients are absent from distilled water; our bodies do require these minerals to function. If you're not receiving your daily amount of these minerals in your water, it is necessary to get them from food sources or a multivitamin.

How to Make Super Water

Add the following to 1 gallon of distilled water to give it a boost of enzymes and nutrients:

- 2 tablespoons of non-pasteurized, organic apple cider vinegar
- [Juice](#) squeezed from ½ organic lemon
- 2 ounces of [organic aloe vera juice](#)

To receive the maximum benefits that super water offers, divide your body weight by two to determine the number of ounces of super distilled water to drink daily.

†Results may vary. Information and statements made are for education purposes and are not intended to replace the advice of your doctor. Global Healing Center does not dispense medical advice, prescribe, or diagnose illness. The views and nutritional advice expressed by Global Healing Center are not intended to be a substitute for conventional medical service. If you have a severe medical condition or health concern, see your physician.

109 Avoid Excitotoxins and MSG.

Ex-ci'-to-tox-in: a substance added to foods and beverages that literally stimulates neurons to death, causing brain damage of varying degrees. Can be found in such ingredients as monosodium glutamate, aspartame (NutraSweet®), cysteine, hydrolyzed protein, and aspartic acid.

Citing over five hundred scientific studies, Excitotoxins explores the dangers of aspartame, MSG, and other substances added to our food. This is an electrifying and important book that should be available to every American consumer.

Excitotoxins: The Taste That Kills

by [Russell L. Blaylock](#)

<https://www.amazon.com/Excitotoxins-Taste-Russell-L-Blaylock/dp/144179445X>

110 Avoid Vaccines.

CDC Destroyed Evidence That Some Vaccines Cause Autism

Government agency caught tricking the American public

The government agency known as the Center for Disease Control has been exposed as having destroyed evidence that suggests the MMR Vaccine can increase the chances of a child developing autism.

<https://www.infowars.com/cdc-destroyed-evidence-that-some-vaccines-cause-autism/>

Government Cover-up of a Mercury/Autism Scandal

<https://www.infowars.com/government-cover-up-of-a-mercuryautism-scandal/>

Archive.is and Archive.org

It's hard to calculate the damage to our country

World Mercury Project note: With the ongoing mainstream media blackout on questions regarding vaccine safety, we want to remind our followers of the publication—and subsequent retraction—of Robert F. Kennedy, Jr.'s 2005 article “Deadly Immunity” in Salon. The history of repression of crucial vaccine safety data runs deep. The article laid out the scientific link between thimerosal and childhood neurological disorders and published explosive excerpts from the transcripts from the CDC's secretive [June 2000 Simpsonwood conference](#) which brought together government public health officials, vaccine manufacturers and professional medical associations. The article was groundbreaking at the time and received lots of media attention for uncovering the cozy relationship between government and industry at the expense of children's health. Even though a dozen years have passed, the article's facts have stood the test of time. An important read for people new to the movement and long-time advocates alike.

In June 2000, a group of top government scientists and health officials gathered for a meeting

at the isolated Simpsonwood conference center in Norcross, Georgia.

Convened by the Centers for Disease Control and Prevention, the meeting was held at this Methodist retreat center, nestled in wooded farmland next to the Chattahoochee River, to ensure complete secrecy. The agency had issued no public announcement of the session — only private invitations to fifty-two attendees. There were high-level officials from the CDC and the Food and Drug Administration, the top vaccine specialist from the World Health Organization in Geneva and representatives of every major vaccine manufacturer, including GlaxoSmithKline, Merck, Wyeth and Aventis Pasteur. All of the scientific data under discussion, CDC officials repeatedly reminded the participants, was strictly “embargoed.” There would be no making photocopies of documents, no taking papers with them when they left.

“I was actually stunned by what I saw,” Verstraeten told those assembled at Simpsonwood, citing the staggering number of earlier studies that indicate a link between thimerosal and speech delays, attention-deficit disorder, hyperactivity and autism.”

The federal officials and industry representatives had assembled to discuss a disturbing new study that raised alarming questions about the safety of a host of common childhood vaccines administered to infants and young children. According to a CDC epidemiologist named Tom Verstraeten, who had analyzed the agency’s massive database containing the medical records of 100,000 children, a mercury-based preservative in the vaccines — thimerosal — appeared to be responsible for a dramatic increase in autism and a host of other neurological disorders among children. “I was actually stunned by what I saw,” Verstraeten told those assembled at Simpsonwood, citing the staggering number of earlier studies that indicate a link between thimerosal and speech delays, attention-deficit disorder, hyperactivity and autism. Since 1991, when the CDC and the FDA had recommended that three additional vaccines laced with the preservative be given to extremely young infants — in one case, within hours of birth — the estimated number of cases of autism had increased fifteenfold, from one in every 2,500 children to one in 166 children.

Even for scientists and doctors accustomed to confronting issues of life and death, the findings were frightening. “You can play with this all you want,” Dr. Bill Weil, a consultant for the American Academy of Pediatrics, told the group. The results “are statistically significant.” Dr. Richard Johnston, an immunologist and pediatrician from the University of Colorado whose grandson had been born early on the morning of the meeting’s first day, was even more alarmed. “My gut feeling?” he said. “Forgive this personal comment — I do not want my grandson to get a thimerosal-containing vaccine until we know better what is going on.”

But instead of taking immediate steps to alert the public and rid the vaccine supply of thimerosal, the officials and executives at Simpsonwood spent most of the next two days discussing how to cover up the damaging data. According to transcripts obtained under the Freedom of Information Act, many at the meeting were concerned about how the damaging revelations about thimerosal would affect the vaccine industry’s bottom line. “We are in a bad position from the standpoint of defending any lawsuits,” said Dr. Robert Brent, a pediatrician at the Alfred I. duPont Hospital for Children in Delaware. “This will be a resource to our very busy plaintiff attorneys in this country.” Dr. Bob Chen, head of vaccine safety for the CDC, expressed relief that “given the sensitivity of the information, we have been able to keep it out of the hands of, let’s say, less responsible hands.” Dr. John Clements, vaccines advisor at the World Health Organization, declared that “perhaps this study

should not have been done at all.” He added that “the research results have to be handled,” warning that the study “will be taken by others and will be used in other ways beyond the control of this group.”

...instead of taking immediate steps to alert the public and rid the vaccine supply of thimerosal, the officials and executives at Simpsonwood spent most of the next two days discussing how to cover up the damaging data.

In fact, the government has proved to be far more adept at handling the damage than at protecting children’s health. The CDC paid the Institute of Medicine to conduct a new study to whitewash the risks of thimerosal, ordering researchers to “rule out” the chemical’s link to autism. It withheld Verstraeten’s findings, even though they had been slated for immediate publication, and told other scientists that his original data had been “lost” and could not be replicated. And to thwart the Freedom of Information Act, it handed its giant database of vaccine records over to a private company, declaring it off-limits to researchers. By the time Verstraeten finally published his study in 2003, he had gone to work for GlaxoSmithKline and reworked his data to bury the link between thimerosal and autism.

Vaccine manufacturers had already begun to phase thimerosal out of injections given to American infants — but they continued to sell off their mercury-based supplies of vaccines until last year. The CDC and FDA gave them a hand, buying up the tainted vaccines for export to developing countries and allowing drug companies to continue using the preservative in some American vaccines — including several pediatric flu shots as well as tetanus boosters routinely given to eleven-year-olds.

The drug companies are also getting help from powerful lawmakers in Washington. Senate Majority Leader Bill Frist, who has received \$873,000 in contributions from the pharmaceutical industry, has been working to immunize vaccine makers from liability in 4,200 lawsuits that have been filed by the parents of injured children. On five separate occasions, Frist has tried to seal all of the government’s vaccine-related documents — including the Simpsonwood transcripts — and shield Eli Lilly, the developer of thimerosal, from subpoenas. In 2002, the day after Frist quietly slipped a rider known as the “Eli Lilly Protection Act” into a homeland security bill, the company contributed \$10,000 to his campaign and bought 5,000 copies of his book on bioterrorism. The measure was repealed by Congress in 2003 — but earlier this year, Frist slipped another provision into an anti-terrorism bill that would deny compensation to children suffering from vaccine-related brain disorders. “The lawsuits are of such magnitude that they could put vaccine producers out of business and limit our capacity to deal with a biological attack by terrorists,” says Dean Rosen, health policy adviser to Frist.

Even many conservatives are shocked by the government’s effort to cover up the dangers of thimerosal. Rep. Dan Burton, a Republican from Indiana, oversaw a three-year investigation of thimerosal after his grandson was diagnosed with autism. “Thimerosal used as a preservative in vaccines is directly related to the autism epidemic,” his House Government Reform Committee concluded in its final report. “This epidemic in all probability may have been prevented or curtailed had the FDA not been asleep at the switch regarding a lack of safety data regarding injected thimerosal, a known neurotoxin.” The FDA and other public-health agencies failed to act, the committee added, out of “institutional malfeasance for self protection” and “misplaced protectionism of the pharmaceutical industry.”

The story of how government health agencies colluded with Big Pharma to hide the risks of thimerosal from the public is a chilling case study of institutional arrogance, power and greed. I was drawn into the controversy only reluctantly. As an attorney and environmentalist who has spent years working on issues of mercury toxicity, I frequently met mothers of autistic children who were absolutely convinced that their kids had been injured by vaccines. Privately, I was skeptical.

I doubted that autism could be blamed on a single source, and I certainly understood the government's need to reassure parents that vaccinations are safe; the eradication of deadly childhood diseases depends on it. I tended to agree with skeptics like Rep. Henry Waxman, a Democrat from California, who criticized his colleagues on the House Government Reform Committee for leaping to conclusions about autism and vaccinations. "Why should we scare people about immunization," Waxman pointed out at one hearing, "until we know the facts?"

It was only after reading the Simpsonwood transcripts, studying the leading scientific research and talking with many of the nation's pre-eminent authorities on mercury that I became convinced that the link between thimerosal and the epidemic of childhood neurological disorders is real. Five of my own children are members of the Thimerosal Generation — those born between 1989 and 2003 — who received heavy doses of mercury from vaccines. "The elementary grades are overwhelmed with children who have symptoms of neurological or immune-system damage," Patti White, a school nurse, told the House Government Reform Committee in 1999. "Vaccines are supposed to be making us healthier; however, in twenty-five years of nursing I have never seen so many damaged, sick kids. Something very, very wrong is happening to our children."

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More than 500,000 kids currently suffer from autism, and pediatricians diagnose more than 40,000 new cases every year. The disease was unknown until 1943, when it was identified and diagnosed among eleven children born in the months after thimerosal was first added to baby vaccines in 1931.

Some skeptics dispute that the rise in autism is caused by thimerosal-tainted vaccinations. They argue that the increase is a result of better diagnosis — a theory that seems questionable at best, given that most of the new cases of autism are clustered within a single generation of children. "If the epidemic is truly an artifact of poor diagnosis," scoffs Dr. Boyd Haley, one of the world's authorities on mercury toxicity, "then where are all the twenty-year-old autistics?" Other researchers point out that Americans are exposed to a greater cumulative "load" of mercury than ever before, from contaminated fish to dental fillings, and suggest that thimerosal in vaccines may be only part of a much larger problem. It's a concern that certainly deserves far more attention than it has received — but it overlooks the fact that the mercury concentrations in vaccines dwarf other sources of exposure to our children.

What is most striking is the lengths to which many of the leading detectives have gone to ignore — and cover up — the evidence against thimerosal. From the very beginning, the scientific case against the mercury additive has been overwhelming. The preservative, which is used to stem fungi and bacterial growth in vaccines, contains ethylmercury, a potent neurotoxin. Truckloads of studies have shown that mercury tends to accumulate in the brains of primates and other animals after they

are injected with vaccines — and that the developing brains of infants are particularly susceptible. In 1977, a Russian study found that adults exposed to much lower concentrations of ethylmercury than those given to American children still suffered brain damage years later. Russia banned thimerosal from children's vaccines twenty years ago, and Denmark, Austria, Japan, Great Britain and all the Scandinavian countries have since followed suit.

“You couldn't even construct a study that shows thimerosal is safe,” says Haley, who heads the chemistry department at the University of Kentucky. “It's just too darn toxic. If you inject thimerosal into an animal, its brain will sicken. If you apply it to living tissue, the cells die. If you put it in a petri dish, the culture dies. Knowing these things, it would be shocking if one could inject it into an infant without causing damage.”

Internal documents reveal that Eli Lilly, which first developed thimerosal, knew from the start that its product could cause damage — and even death — in both animals and humans. In 1930, the company tested thimerosal by administering it to twenty-two patients with terminal meningitis, all of whom died within weeks of being injected — a fact Lilly didn't bother to report in its study declaring thimerosal safe. In 1935, researchers at another vaccine manufacturer, Pittman-Moore, warned Lilly that its claims about thimerosal's safety “did not check with ours.” Half the dogs Pittman injected with thimerosal-based vaccines became sick, leading researchers there to declare the preservative “unsatisfactory as a serum intended for use on dogs.”

In the decades that followed, the evidence against thimerosal continued to mount. During the Second World War, when the Department of Defense used the preservative in vaccines on soldiers, it required Lilly to label it “poison.” In 1967, a study in *Applied Microbiology* found that thimerosal killed mice when added to injected vaccines. Four years later, Lilly's own studies discerned that thimerosal was “toxic to tissue cells” in concentrations as low as one part per million — 100 times weaker than the concentration in a typical vaccine. Even so, the company continued to promote thimerosal as “nontoxic” and also incorporated it into topical disinfectants. In 1977, ten babies at a Toronto hospital died when an antiseptic preserved with thimerosal was dabbed onto their umbilical cords.

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In 1982, the FDA proposed a ban on over-the-counter products that contained thimerosal, and in 1991 the agency considered banning it from animal vaccines. But tragically, that same year, the CDC recommended that infants be injected with a series of mercury-laced vaccines. Newborns would be vaccinated for hepatitis B within twenty-four hours of birth, and two-month-old infants would be immunized for haemophilus influenzae B and diphtheria-tetanus-pertussis.

The drug industry knew the additional vaccines posed a danger. The same year that the CDC approved the new vaccines, Dr. Maurice Hilleman, one of the fathers of Merck's vaccine programs, warned the company that six-month-olds who were administered the shots would suffer dangerous exposure to mercury. He recommended that thimerosal be discontinued, “especially when used on infants and children,” noting that the industry knew of nontoxic alternatives. “The best way to go,” he added, “is to switch to dispensing the actual vaccines without adding preservatives.”

For Merck and other drug companies, however, the obstacle was money. Thimerosal enables the

pharmaceutical industry to package vaccines in vials that contain multiple doses, which require additional protection because they are more easily contaminated by multiple needle entries. The larger vials cost half as much to produce as smaller, single-dose vials, making it cheaper for international agencies to distribute them to impoverished regions at risk of epidemics. Faced with this “cost consideration,” Merck ignored Hilleman’s warnings, and government officials continued to push more and more thimerosal-based vaccines for children. Before 1989, American preschoolers received eleven vaccinations — for polio, diphtheria-tetanus-pertussis and measles-mumps-rubella. A decade later, thanks to federal recommendations, children were receiving a total of twenty-two immunizations by the time they reached first grade.

As the number of vaccines increased, the rate of autism among children exploded. During the 1990s, 40 million children were injected with thimerosal-based vaccines, receiving unprecedented levels of mercury during a period critical for brain development. Despite the well-documented dangers of thimerosal, it appears that no one bothered to add up the cumulative dose of mercury that children would receive from the mandated vaccines. “What took the FDA so long to do the calculations?” Peter Patriarca, director of viral products for the agency, asked in an e-mail to the CDC in 1999. “Why didn’t CDC and the advisory bodies do these calculations when they rapidly expanded the childhood immunization schedule?”

But by that time, the damage was done. At two months, when the infant brain is still at a critical stage of development, infants routinely received three inoculations that contained a total of 62.5 micrograms of ethylmercury — a level 99 times greater than the EPA’s limit for daily exposure to methylmercury, a related neurotoxin. Although the vaccine industry insists that ethylmercury poses little danger because it breaks down rapidly and is removed by the body, several studies — including one published in April by the National Institutes of Health — suggest that ethylmercury is actually more toxic to developing brains and stays in the brain longer than methylmercury.

Officials responsible for childhood immunizations insist that the additional vaccines were necessary to protect infants from disease and that thimerosal is still essential in developing nations, which, they often claim, cannot afford the single-dose vials that don’t require a preservative. Dr. Paul Offit, one of CDC’s top vaccine advisers, told me, “I think if we really have an influenza pandemic — and certainly we will in the next twenty years, because we always do — there’s no way on God’s earth that we immunize 280 million people with single-dose vials. There has to be multidose vials.”

But while public-health officials may have been well-intentioned, many of those on the CDC advisory committee who backed the additional vaccines had close ties to the industry. Dr. Sam Katz, the committee’s chair, was a paid consultant for most of the major vaccine makers and was part of a team that developed the measles vaccine and brought it to licensure in 1963. Dr. Neal Halsey, another committee member, worked as a researcher for the vaccine companies and received honoraria from Abbott Labs for his research on the hepatitis B vaccine.

Indeed, in the tight circle of scientists who work on vaccines, such conflicts of interest are common. Rep. Burton says that the CDC “routinely allows scientists with blatant conflicts of interest to serve on intellectual advisory committees that make recommendations on new vaccines,” even though they have “interests in the products and companies for which they are supposed to be providing unbiased oversight.” The House Government Reform Committee discovered that four of the eight CDC advisers who approved guidelines for a rotavirus vaccine “had financial ties to the

pharmaceutical companies that were developing different versions of the vaccine.”

Offit, who shares a patent on one of the vaccines, acknowledged to me that he “would make money” if his vote eventually leads to a marketable product. But he dismissed my suggestion that a scientist’s direct financial stake in CDC approval might bias his judgment. “It provides no conflict for me,” he insists. “I have simply been informed by the process, not corrupted by it. When I sat around that table, my sole intent was trying to make recommendations that best benefited the children in this country. It’s offensive to say that physicians and public-health people are in the pocket of industry and thus are making decisions that they know are unsafe for children. It’s just not the way it works.”

Other vaccine scientists and regulators gave me similar assurances. Like Offit, they view themselves as enlightened guardians of children’s health, proud of their “partnerships” with pharmaceutical companies, immune to the seductions of personal profit, besieged by irrational activists whose anti-vaccine campaigns are endangering children’s health. They are often resentful of questioning. “Science,” says Offit, “is best left to scientists.”

Still, some government officials were alarmed by the apparent conflicts of interest. In his e-mail to CDC administrators in 1999, Paul Patriarca of the FDA blasted federal regulators for failing to adequately scrutinize the danger posed by the added baby vaccines. “I’m not sure there will be an easy way out of the potential perception that the FDA, CDC and immunization-policy bodies may have been asleep at the switch re: thimerosal until now,” Patriarca wrote. The close ties between regulatory officials and the pharmaceutical industry, he added, “will also raise questions about various advisory bodies regarding aggressive recommendations for use” of thimerosal in child vaccines.

If federal regulators and government scientists failed to grasp the potential risks of thimerosal over the years, no one could claim ignorance after the secret meeting at Simpsonwood. But rather than conduct more studies to test the link to autism and other forms of brain damage, the CDC placed politics over science. The agency turned its database on childhood vaccines — which had been developed largely at taxpayer expense — over to a private agency, America’s Health Insurance Plans, ensuring that it could not be used for additional research. It also instructed the Institute of Medicine, an advisory organization that is part of the National Academy of Sciences, to produce a study debunking the link between thimerosal and brain disorders. The CDC “wants us to declare, well, that these things are pretty safe,” Dr. Marie McCormick, who chaired the IOM’s Immunization Safety Review Committee, told her fellow researchers when they first met in January 2001. “We are not ever going to come down that [autism] is a true side effect” of thimerosal exposure. According to transcripts of the meeting, the committee’s chief staffer, Kathleen Stratton, predicted that the IOM would conclude that the evidence was “inadequate to accept or reject a causal relation” between thimerosal and autism. That, she added, was the result “Walt wants” — a reference to Dr. Walter Orenstein, director of the National Immunization Program for the CDC.

For those who had devoted their lives to promoting vaccination, the revelations about thimerosal threatened to undermine everything they had worked for. “We’ve got a dragon by the tail here,” said Dr. Michael Kaback, another committee member. “The more negative that [our] presentation is, the less likely people are to use vaccination, immunization — and we know what the results of that will be. We are kind of caught in a trap. How we work our way out of the trap, I think is the charge.”

Even in public, federal officials made it clear that their primary goal in studying thimerosal was to dispel doubts about vaccines. “Four current studies are taking place to rule out the proposed link between autism and thimerosal,” Dr. Gordon Douglas, then-director of strategic planning for vaccine research at the National Institutes of Health, assured a Princeton University gathering in May 2001. “In order to undo the harmful effects of research claiming to link the [measles] vaccine to an elevated risk of autism, we need to conduct and publicize additional studies to assure parents of safety.” Douglas formerly served as president of vaccinations for Merck, where he ignored warnings about thimerosal’s risks.

In May of last year (2004), the Institute of Medicine issued its final report. Its conclusion: There is no proven link between autism and thimerosal in vaccines. Rather than reviewing the large body of literature describing the toxicity of thimerosal, the report relied on four disastrously flawed epidemiological studies examining European countries, where children received much smaller doses of thimerosal than American kids. It also cited a new version of the Verstraeten study, published in the journal *Pediatrics*, that had been reworked to reduce the link between thimerosal and autism. The new study included children too young to have been diagnosed with autism and overlooked others who showed signs of the disease. The IOM declared the case closed and — in a startling position for a scientific body — recommended that no further research be conducted.

The report may have satisfied the CDC, but it convinced no one. Rep. David Weldon, a Republican physician from Florida who serves on the House Government Reform Committee, attacked the Institute of Medicine, saying it relied on a handful of studies that were “fatally flawed” by “poor design” and failed to represent “all the available scientific and medical research.” CDC officials are not interested in an honest search for the truth, Weldon told me, because “an association between vaccines and autism would force them to admit that their policies irreparably damaged thousands of children. Who would want to make that conclusion about themselves?”

Under pressure from Congress and parents, the Institute of Medicine convened another panel to address continuing concerns about the Vaccine Safety Datalink Data Sharing program. In February, the new panel, composed of different scientists, criticized the way the VSD had been used in the Verstraeten study, and urged the CDC to make its vaccine database available to the public.

So far, though, only two scientists have managed to gain access. Dr. Mark Geier, president of the Genetics Center of America, and his son, David, spent a year battling to obtain the medical records from the CDC. Since August 2002, when members of Congress pressured the agency to turn over the data, the Geiers have completed six studies that demonstrate a powerful correlation between thimerosal and neurological damage in children. One study, which compares the cumulative dose of mercury received by children born between 1981 and 1985 with those born between 1990 and 1996, found a “very significant relationship” between autism and vaccines. Another study of educational performance found that kids who received higher doses of thimerosal in vaccines were nearly three times as likely to be diagnosed with autism and more than three times as likely to suffer from speech disorders and mental retardation. Another soon-to-be published study shows that autism rates are in decline following the recent elimination of thimerosal from most vaccines.

As the federal government worked to prevent scientists from studying vaccines, others have stepped in to study the link to autism. In April, reporter Dan Olmsted of UPI undertook one of the more interesting studies himself. Searching for children who had not been exposed to mercury in vaccines

— the kind of population that scientists typically use as a “control” in experiments — Olmsted scoured the Amish of Lancaster County, Pennsylvania, who refuse to immunize their infants. Given the national rate of autism, Olmsted calculated that there should be 130 autistics among the Amish. He found only four. One had been exposed to high levels of mercury from a power plant. The other three — including one child adopted from outside the Amish community — had received their vaccines.

At the state level, many officials have also conducted in-depth reviews of thimerosal. While the Institute of Medicine was busy whitewashing the risks, the Iowa legislature was carefully combing through all of the available scientific and biological data. “After three years of review, I became convinced there was sufficient credible research to show a link between mercury and the increased incidences in autism,” says state Sen. Ken Veenstra, a Republican who oversaw the investigation. “The fact that Iowa’s 700 percent increase in autism began in the 1990s, right after more and more vaccines were added to the children’s vaccine schedules, is solid evidence alone.” Last year, Iowa became the first state to ban mercury in vaccines, followed by California. Similar bans are now under consideration in thirty-two other states.

But instead of following suit, the FDA continues to allow manufacturers to include thimerosal in scores of over-the-counter medications as well as steroids and injected collagen. Even more alarming, the government continues to ship vaccines preserved with thimerosal to developing countries — some of which are now experiencing a sudden explosion in autism rates. In China, where the disease was virtually unknown prior to the introduction of thimerosal by U.S. drug manufacturers in 1999, news reports indicate that there are now more than 1.8 million autistics. Although reliable numbers are hard to come by, autistic disorders also appear to be soaring in India, Argentina, Nicaragua and other developing countries that are now using thimerosal-laced vaccines. The World Health Organization continues to insist thimerosal is safe, but it promises to keep the possibility that it is linked to neurological disorders “under review.”

I devoted time to study this issue because I believe that this is a moral crisis that must be addressed. If, as the evidence suggests, our public-health authorities knowingly allowed the pharmaceutical industry to poison an entire generation of American children, their actions arguably constitute one of the biggest scandals in the annals of American medicine. “The CDC is guilty of incompetence and gross negligence,” says Mark Blaxill, vice president of Safe Minds, a nonprofit organization concerned about the role of mercury in medicines. “The damage caused by vaccine exposure is massive. It’s bigger than asbestos, bigger than tobacco, bigger than anything you’ve ever seen.”

It’s hard to calculate the damage to our country — and to the international efforts to eradicate epidemic diseases — if Third World nations come to believe that America’s most heralded foreign-aid initiative is poisoning their children. It’s not difficult to predict how this scenario will be interpreted by America’s enemies abroad. The scientists and researchers — many of them sincere, even idealistic — who are participating in efforts to hide the science on thimerosal claim that they are trying to advance the lofty goal of protecting children in developing nations from disease pandemics. They are badly misguided. Their failure to come clean on thimerosal will come back horribly to haunt our country and the world’s poorest populations.

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119 Masturbation and Fornication is normal.

I also wanted to say that the idea of sin and repentance is un-natural. Masturbation and Fornication is perfectly healthy and normal.

120 Temperance Era

The Whole idea of a temperance era prohibiting drugs is unethical and unconstitutional and was caused by temperance era inspired christians. All Fascism came from the church of all places.

121 Globalism

The globalist game of philanthropy is to dominate the whole world and the media. For example Unesco, Girfec, Psychiatry, and The Bill and Melinda Gates Foundation.

122 Christianity

Christianity and the Act of 1871 is the root to all of societies problems. Root to all genocide. Root to all slavery, wage slavery, wars, disease, hunger, obesity, malnutrition, get it. All fascism came straight from the church. The Roman empire and the Vatican were brutal. Homo-Capensis (an alien species) run the world. They are at the vatican. Religion is a mental illness and is also used to control the masses and is a tool of the elite.

123 Psychiatry and College

Psychiatric drugs have been known to cause obesity, diabetes, cancer, permanent kidney damage, brain damage, movement disorders, akathisia, violent and potentially dangerous behavior, and lastly suicide. Permanent sexual dysfunction and permanently altered brain chemistry and prolactin levels.

124 Afterlife

As soon as humans die they become psychic ghosts. That is all. After you are a psychic ghost you are various other non-material beings. This is an Electromagnetic Spectrum thing called the “collective unconscious”. It can be Remote Viewed through Controlled/Technical Remote Viewing. Meditation to delta is the key.

The Afterlife:

First I want to say that there is no god and there is no devil. There is no supernatural and there is no such thing as angels or demons. All the hooey and myths get into the way of remote viewing or even understanding the afterlife. Lets Start. As soon as humans die they become psychic ghosts that is all. Ghosts are not supernatural. They are electromagnetic beings that see hear and think. Ghosts can materialize into a human-like form and even interact or have sexual intercourse with another human being. After you die you still can materialize with genitals and if you are trans you have your parts, if you are gender queer you still have your parts, if you are male you still have your parts, if you are female you still have your parts. Ghosts can have Vulva, penises, testicles, a scrotum, prepuce, clitoris, clitoral hood, breasts, a vagina, ovaries, and two arms and legs. Basically a whole body. They usually talk to other people through direct voice (that is where you hear them talking and sounding just like another person near you). Not to be confused with Silent Sound Harassment or Silent Spread Spectrum or Voice to Skull (Microwave Hearing). These things do happen though and are not to be confused with (Gang Stalking). Ghosts are psychic and capable of doing any kind of remote viewing work. So much so that they can know a persons whole life story even how they are going to die and and there past all the way to their birth, their birth certificate bond number their social security number, Bank account number, etc. After you are a psychic ghost you are various other non-material beings that are psychic and can do remote viewing. That is when you leave the earth. As a ghost you can be kind of still on the planet earth until you are another being. This is where remote viewing comes to mind. You see that when you are dead you

are this electromagnetic being on the earth that is psychic. Usually people remote view this stuff. The names of the other beings (the lives that you become after you are a ghost) are found through (technical/controlled) Remote Viewing or by just talking to a psychic ghost and they will direct voice you and talk to you in person and you usually will not see them. Sometimes ghost materialize on this earth and appear humanlike and look exactly like a human being in say your house. Some pedestrian on the road could actually be Silent Spread Spectrum or a psychic ghost. You have no idea. Psychiatry has no basis in reality and is a political tool used to silence dissidents through psychiatric reprisal.

Technical Remote Viewing or Controlled Remote Viewing:

Technical Remote Viewing is the basis of obtaining information from the collective unconscious (ESP) through the super-conscious and sub-conscious mind. The closer you are to delta or alpha the better you can do remote viewing. If you google "crvmanual"+pdf you will find a whole manual on the subject. Remote viewing is done sometimes in a bed or relaxation spot or on a white board or using dry erase marker or on printer paper with a black ballpoint pen and a blank room with nothing on the walls and very little interference. Interference such as your neighborhood or a washing machine will block it quite a bit. 7.83 Hz as an EMF Field will amplify PSI Remote Viewing if you try to relax your brainwaves. This can be done through a 7.83 Hz Tesla Coil or Radio Transmitter. <http://www.kellyresearchtech.com/elf.html>

[archive.org](http://www.kellyresearchtech.com/elf.html)

Pick the 7.8 Hz one and you have a greater chance of ESP.

There are other ones on eBay and Amazon as well.

http://www.firedocs.com/remoterviewing/answers/crvmanual/CRVManual_FiredocsRV.pdf

<http://farsight.org/SRV/SRVManualByCourtneyBrown.pdf>

Remote viewing is a natural process of a deeply settled mind. Remote perception works best when it is not forced in any way.

<https://www.cia.gov/library/readingroom/docs/CIA-RDP96-00787R000300110001-8.pdf>

Learn Remote Viewing Course Major Ed Dames (Actor), Remote Viewing Productions (Director)

https://www.bibliotecapleyades.net/vision_remota/rv_manual/default.htm

126 Garlic

Beware Of Dangerous Bleached Garlic

<https://naturalon.com/beware-of-dangerous-bleached-garlic/#>

If you love [garlic](#) and have been buying organic garlic for both its taste and health benefits, you are not alone! Most people believe that their garlic comes from the “Garlic Capital of the World” — California. Unfortunately, this is not true. A very large amount of the garlic we consume comes to us from China. In fact, America imported 138 million pounds of garlic from China just last year.

If you think that you are safe because you buy “organic” garlic, think again. Even garlic marked as organic cannot be trusted, as China has no official certification methods.

The Australian Garlic Industry Association has found that Chinese garlic is bleached. This garlic is sprayed with certain chemicals to make it stop sprouting, and turns it white, while killing insects at the same time. Some of the growing practices in China are also questionable. This same article states that [Chinese garlic](#) growers use raw human sewage in their fields to fertilize their crops. Henry Bell of the above Garlic Association also states that he believes Australian quarantine

regulations are strict enough when it comes to testing imported produce for bacteria.

In China, garlic is heavily sprayed with a very toxic pesticide — methyl bromide — to kill insects. Exposure to this chemical alone is enough to damage both the central nervous system and the respiratory system.

This commonly imported garlic is also believed to be treated with growth inhibitors and then placed in cold storage as well as long term storage. Long term storage is especially problematic as the healthy levels of allicin, the active ingredient in garlic which makes it so healthy, declines over time. Garlic is best consumed when it is fresh and [organically grown](#). There is absolutely no assurance that any of the garlic you buy from China are either of these things.

You can usually notice the difference quite easily between that fresh, California-grown and imported Chinese garlic by these three rules:

- American garlic normally has some roots remaining
- American garlic is normally larger and feels much heavier than Chinese garlic
- American garlic smells stronger and gives more flavor than imported garlic

READ ALSO: [Beware Of Foods Made In China That Are Fake Or Filled With Toxins](#)

You can also assure yourself that you are buying truly organic, American garlic by purchasing from local farmers or by growing some yourself! Garlic is easy to grow in small garden pots or in tall containers, such as 30-gallon trash cans.

Don't risk your health by purchasing garlic from an unknown source. Always buy garlic from reputable locations that you know and trust.

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www.theage.com.au

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128 Sugar

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Sugar - A Poor Choice

by Raymond Francis

Health is a choice. If you choose health, sugar is not an option. Sugar is a dangerous metabolic poison and a leading contributor to our epidemic of chronic disease. If we want to vastly improve health, one single choice we can make is to stop, or at least minimize, sugar consumption. The less you eat and the less frequently you eat it, the better off you will be.

History

Our biologic ancestors did not have access to sugars in the refined forms that exist today. Sugar was a rare commodity, found primarily in fresh fruits, or perhaps a batch of honey. Advances in technology brought forth the first sugar refineries during the Napoleonic period. At that time sugar was expensive, and average consumption was

about 7 pounds per year. By the end of the 19th century, sugar was affordable, and available to almost everyone. Since 1909, sugar consumption has increased by 70%. Americans now eat an average of about 150 pounds of sugar per year, up 25 pounds (20%) since 1970! In terms of caloric content, sugar makes up more than 25% of the average American's diet and up to 50% of some children's diets! An empty calorie food with no nutritional value whatsoever, sugar is replacing valuable complex carbohydrates as a source of energy for humans. Historically we did not eat these refined sugars, and doing so throws the body into a chaotic state of dysregulation.

Overview

Here's the problem: The human body was simply not designed to handle refined sugars. They bring about a deadly combination of malnutrition and toxicity. Refined sugar is new to the human diet, and people are eating an enormous amount of it—almost half a pound per day! Feeding refined sugar to a human body is similar to burning high-octane aircraft fuel in an automobile engine. Impressive amounts of energy, but after a while, you damage the engine. Metabolizing refined sugar is quite a challenge, but if forced to, the body will struggle to cope with it. This struggle causes serious disturbances, and after time, disease is the guaranteed result. If sugar were introduced today as a new product, the FDA would not approve it. FDA approval requires that a product be safe. Evidence that sugar damages health is overwhelming. It has been associated with diabetes, tooth decay, heart disease, cancer, and other diseases. In fact, the rise of chronic disease in modern societies has paralleled the rise in sugar consumption. When these facts are examined, one might consider feeding sugar to children a form of child abuse... Instead, we give children sweets as a "reward" for being good!

Nutrient Deficiencies

Food is supposed to support life. Sugar will not support the life of humans, animals, insects, or even bacteria. Sugar really isn't food! Sugar requires specific nutrients in order to metabolize in the body. The refining process strips these nutrients from the source materials like sugar cane, so that metabolism requires the body to deplete itself. The body uses up its reserves, causing deficiencies of various B vitamins, magnesium, chromium, and other nutrients. Here are some examples of clinically significant sugar-related deficiencies:

- 20 psychotic teenagers, being unsuccessfully treated with

psychotherapy and tranquilizers, were completely cured by vitamin B1 supplementation. Sugar had depleted their B vitamin reserves making them deficient and causing abnormal behavior. One can be sure there are tens of thousands of teens out there right now with similar problems.

-

Chromium deficiencies have been linked to both excessive sugar consumption and heart disease. Coronary disease patients average twice the sugar consumption of healthier people, and have significantly less chromium in their tissues.

-

Sugar and vitamin C use the same transport mechanism. Excessive sugar intake overloads this transport system and may cause vitamin C deficiencies.

-

Sugar promotes bone loss and causes osteoporosis.

-

Sugar inhibits the release of omega 6 essential fatty acids from storage in fat tissues, thereby contributing to essential fatty acid deficiency.

Metabolic Chaos: Heart Disease,

Hypoglycemia & Immunosuppression

Sugar throws body chemistry into biochemical chaos lasting for six to eight hours after consumption.

During this period, hormone, fat, carbohydrate, and protein metabolism are greatly disrupted. After consumption, refined sugar is rapidly absorbed by the body, which dangerously increases the sugar content of the blood. Excess sugar causes production of excess insulin, which signals cells to take up sugar. Cells then absorb sugar, to get it out of the bloodstream. This solves one problem but creates another: Now the body's cells have too much sugar. To correct this imbalance, cells turn the sugar into saturated fats and cholesterol. This brings us to heart disease.

In terms of heart disease, eating sugar is similar to eating saturated fat, only much worse because sugar creates a lot of other problems. Increased insulin levels not only tell the body to store fat, but they also tell it not to release fat. This makes people get fat and stay fat. It causes fat to be deposited in our cells and organs, resulting in atherosclerosis, fatty liver and kidneys, and obesity. These fats cause blood cells to become sticky thereby increasing the chances of blood clots, strokes and heart attacks. Sugar increases "bad" LDL cholesterol, decreases "good" HDL cholesterol, and increases triglyceride levels in the blood. If antioxidant vitamins and minerals are deficient, these triglycerides can be oxidized causing serious health problems. In addition, red blood cells are choked by the saturated fats and this reduces

their ability to carry oxygen to our tissues.

Hypoglycemia (low blood sugar) is another problem caused by sugar consumption. When insulin is secreted into the blood, it makes blood sugar levels fall rapidly. Insulin levels remain high however, so the body continues to take up sugar beyond the point where it needs to. The result is hypoglycemia.

Symptoms include weakness, dizziness, crying spells, insomnia, aggression, and depression. Sugar in breakfasts or lunches can cause children to do poorly in school. They become hypoglycemic about 60 minutes after eating sugar and this affects brain function. Many teachers claim that their students are "brain dead" after lunch, and this is why.

Sugar-induced hormone imbalances tax and weaken the immune system to the point where it can no longer defend the body. When insulin causes blood sugar to fall excessively

low, the adrenal glands secrete hormones that pump blood sugar back up.

Daily consumption of sugar causes an overworked biochemical balancing act resulting in adrenal exhaustion, which in turn decreases the body's ability to

respond to future stress. Adrenal exhaustion is now a common problem in the chronically ill. Sugar quadruples adrenaline levels, while increasing both cholesterol and cortisone. Cortisone is known to depress immune function. Studies show that the ability of white cells to destroy harmful bacteria is reduced as sugar consumption rises. This is why children, who eat lots of sugar, are more susceptible to colds, flu, and other infections.

Fiber Deficiency

Humans were designed to derive energy from complex carbohydrates, which are naturally high in fiber.

By contrast, a high sugar diet provides calories without the fiber that is essential to human health.

Insufficient fiber causes materials to move too slowly through the digestive tract. This can cause constipation, which is a big problem in our society. It also causes waste to remain too long in the colon

where it can serve as food for harmful bacteria

, thereby producing gas and toxins, and promoting intestinal inflammation and bloating.

-

Fiber has been shown to remove toxic and carcinogenic substances from our bodies.

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Lack of fiber leads to toxic absorption and excessive stress on the liver.

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Fiber binds to hormones like estrogen and removes them from the body. Without fiber, the estrogen may be

reabsorbed and excess estrogen is known to cause disease.

-

Fiber slows down the rate of sugar entering into the blood stream, so foods like sweet fruits are suitable and healthy alternatives to refined sugar.

-

Fiber has been shown to improve diabetes control because high fiber diets greatly reduce the need for insulin.

Conclusive Research

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Human volunteers who were fed sugar experienced a rise in cholesterol levels plus a marked increase in blood pressure.

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Laboratory animals died sooner when sugar was added to their diet.

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Rats fed a high sugar diet did less physical work, were unable to reproduce as well, and had shortened life spans.

-

Other animal experiments concluded that refined sugar "causes serious disturbances in carbohydrate and lipid metabolism," and caused diabetes in the animals.

-

People who have little contact with refined sugar have virtually no tooth decay.

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The saturated fats produced by sugar metabolism cause pimples, acne, senility, and heart disease.

-

A high sugar diet increases the severity of premenstrual syndromes in college women.

-

Sugar feeds cancer cells causing them to grow faster and has been linked to colon, kidney, prostate, breast, rectal, ovarian, uterine, and nervous system cancer.

In our society, staying away from refined sugar is no easy task. Sugar is added to most processed foods and many food labels list sugar under more than one name. This can be confusing to the consumer. Look for sugar under names like sucrose, glucose, fructose, maltose, maltodextrin, raw sugar, brown sugar, turbinado sugar, honey, rice syrup, corn syrup, maple syrup, concentrated fruit juice, and barley malt. Sugar in whole fruits is acceptable, but not so in fruit juices because the lack of fiber allows rapid absorption of the sugar.

Deficiency and toxicity are the two causes of disease, and sugar is a leading contributor to both. This is why sugar is a major cause of our modern epidemic of chronic, degenerative diseases. Read labels

carefully and avoid sugar as much as possible. Most especially, don't feed sugar to children. The dangers of eating sugar were even known to the ancient world. In the Bible, Proverbs 25:27 says, "It is not good to eat too much honey." We seem to have forgotten this ancient wisdom.

Raymond Francis is an M.I.T.-trained scientist, a registered nutrition consultant, author of *Never Be Sick*

Again
and

Never Be Fat Again

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[from <http://webpages.marshall.edu/~allen12/oeestand.html>]

Standards of the Strong

1. No God(s) shall become before the self, for we are the masters of our own destiny. Anyone who relies on an invisible crutch is useless to society.
2. Life should be led like a wolf, be loyal to your own pack and alert to all that enter your domain.
3. To create something which is strong, one should use quality materials. The same must be done in the making of an elite mind.
4. Never forget those who have betrayed you, because a leopard is unable to change it's spots.
5. Always stand proud for what you believe in, no matter how much it may not be accepted. Hiding in the shadows is not the way of the strong.
6. The weak should be avoided like the plague, unless one can obtain something selfish be dealing with them.
7. Indulge in all of life's pleasures, instead on wallowing in pathetic misery. Life is here and now, so life it to the fullest.
8. Black Magick is the only true magick, because it grants gratification to the magician who uses it correctly.
9. Victory should be praised at all times and failure unaccepted. Conquests are the goals of life.
10. One must take responsibility for his/her own actions, whether it be positive or negative.

EOF

Five Satanic Virtues

Selfishness

To be selfish is to ask “What’s in it for me?” Satan rejects sacrifice and martyrdom. The greater good cannot be built on self-inflicted misery. Selfless sacrifice puts us all under the pressing shadow of death. **We reject sacrifice and promote selfish indulgence.**

Laziness

To be lazy is to refuse to do what isn’t working, to stop, to do nothing until we have a better idea, to try something else. When we feel like doing something, we will. If we work too hard, we won’t stop to notice an easier way. **We reject fruitless hard work.**

Insolence

Insolence means not accepting things on authority, refusing to be humble and degraded, refusing to grovel and show respect to superiors. **We insist on dignity and freedom.**

Lustfulness

To be lustful is to embrace all the pleasures we can while we live, to follow our desires and passions wherever they lead us. **We run to the devil that tempts us to ask for more.**

Vanity

To be vain is to love and admire ourselves, to relish our own brilliance and magic, to see in ourselves what is beautiful and attractive, to build and nurture it. To be vain is to accept the forbidden fruit from the serpent in the garden. To be vain is to want to know more. **We proudly leave the narcotic fog of delusion behind us.**

Religion Psychosis produced
DELUSIONS
are NO DIFFERENT to
those produced by
SCHIZOPHRENIA!!
All are FALSE BELIEFS.
God Belief is a BRAIN DISEASE

The Nine Satanic Statements

by Anton Szandor LaVey

The Nine Satanic Statements originally appeared in [*The Satanic Bible*](#), © 1969

1. Satan represents indulgence instead of abstinence!
2. Satan represents vital existence instead of spiritual pipe dreams!
3. Satan represents undefiled wisdom instead of hypocritical self-deceit!
4. Satan represents kindness to those who deserve it instead of love wasted on ingrates!
5. Satan represents vengeance instead of turning the other cheek!
6. Satan represents responsibility to the responsible instead of concern for psychic vampires!
7. Satan represents man as just another animal, sometimes better, more often worse than those that walk on all-fours, who, because of his “divine spiritual and intellectual development,” has become the most vicious animal of all!
8. Satan represents all of the so-called sins, as they all lead to physical, mental, or emotional gratification!
9. Satan has been the best friend the Church has ever had, as He has kept it in business all these years!

“The seven deadly sins of the Christian Church are: greed, pride, envy, anger, gluttony, lust, and sloth. Satanism advocates indulging in each of these sins as they all lead to physical, mental, or emotional gratification.”

—Anton LaVey

**“DO WHAT THOUGH WILT
SHALL BE THE WHOLE OF
THE LAW.”**

—Aleister Crowley



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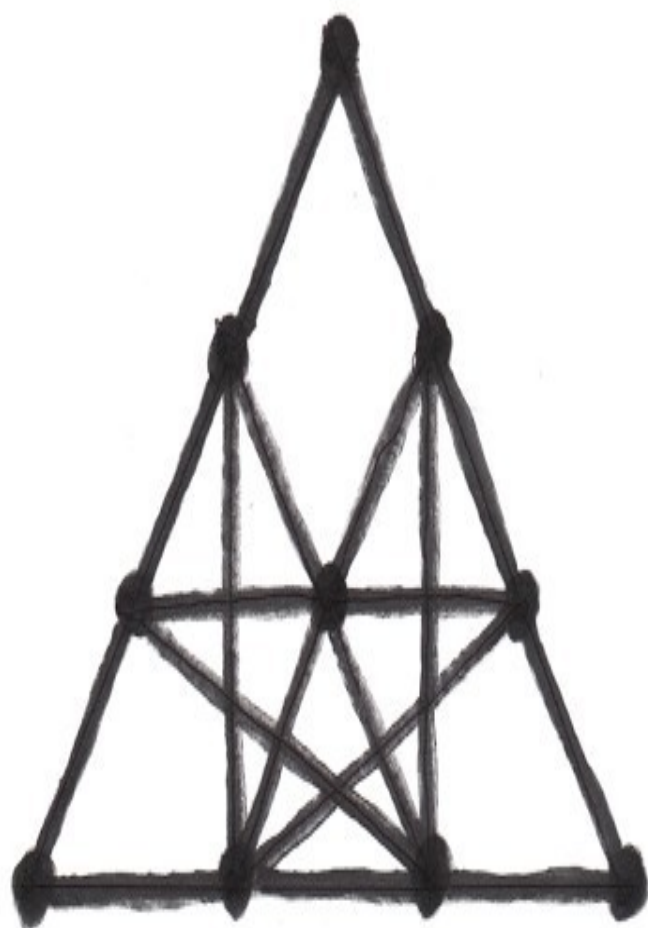
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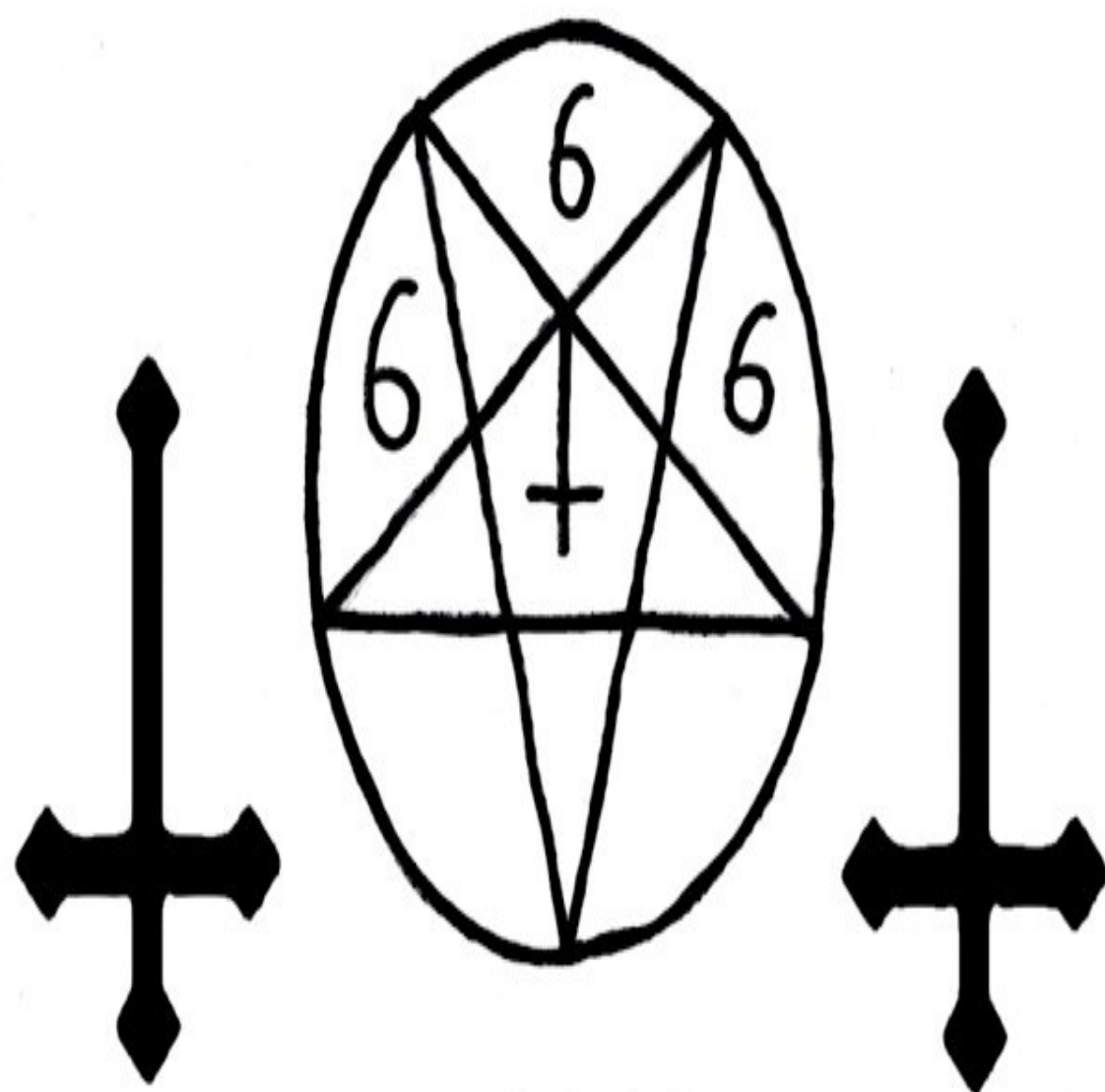
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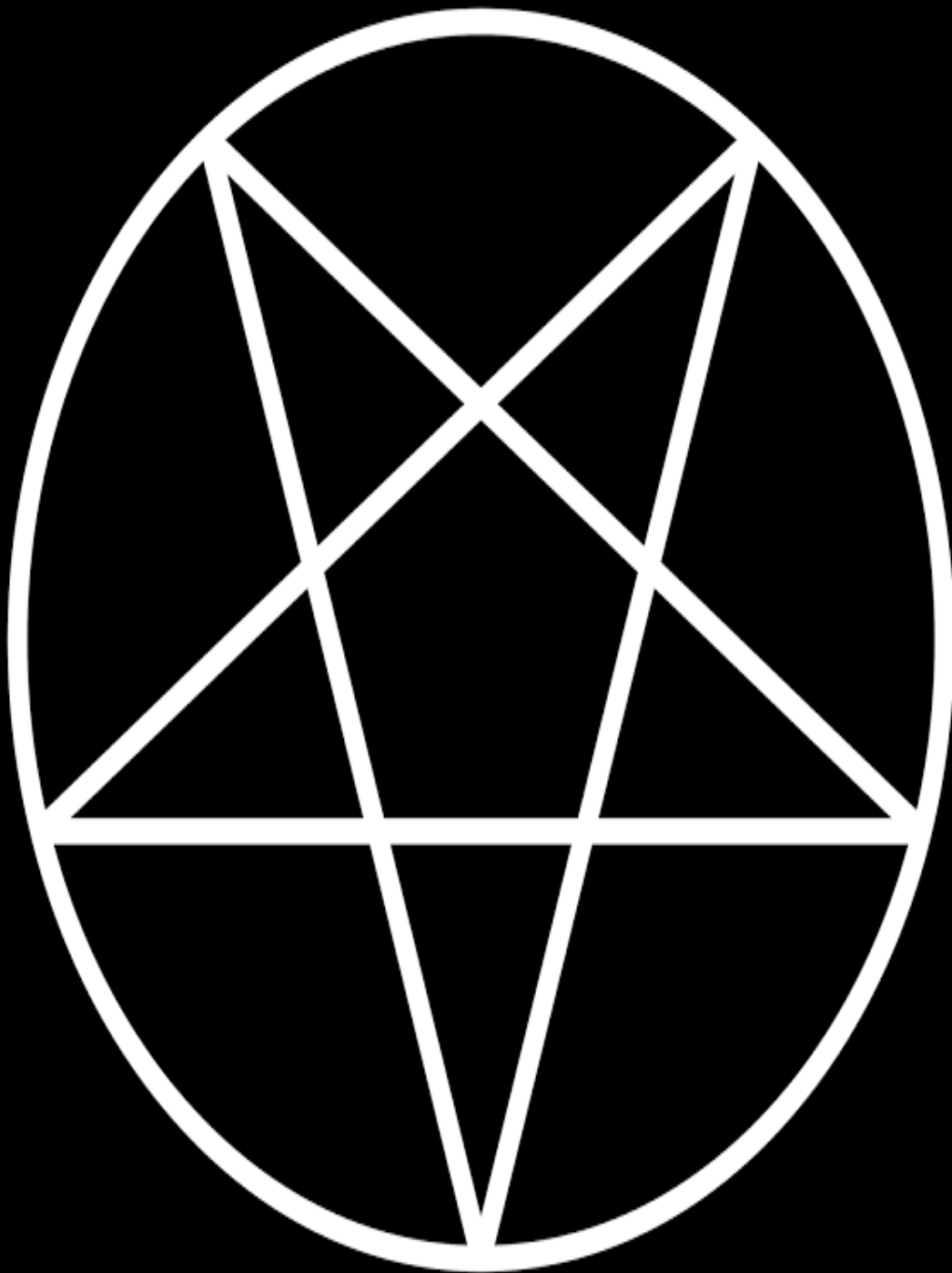






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